NDB No. 43584
AMARANTH FLAKES

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1		1		1.14		
Energy	kcal	353		0		1		134		
Energy	kJ	1477		0		1		561		
Protein	g	15.54		0	RA	4		5.90		
Total lipid (fat)	g	7.00		0	RA	4		2.66		
Ash	g	3.27		0	RA	4		1.24		
Carbohydrate, by difference	g	71.15		0	RA	4		27.04		
Fiber, total dietary	g	9.5		1		1		3.6		
Sugars, total	g	0.42		0	BFZN	4		0.16		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1		1		6		
Iron, Fe	mg	1.76		1		1		0.67		
Magnesium, Mg	mg	25		1		1		10		
Phosphorus, P	mg	331		1		1		126		
Potassium, K	mg	353		1		1		134		
Sodium, Na	mg	35		1		1		13		
Zinc, Zn	mg	0.25		1		1		0.10		
Copper, Cu	mg	0.214		1		1		0.081		
Manganese, Mn	mg									
Selenium, Se	mcg	70.7		0	BFZN	4		26.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		1		1		1.0		
Thiamin	mg	0.070		1		1		0.027		
Riboflavin	mg	0.110		1		1		0.042		
Niacin	mg	2.610		1		1		0.992		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		1		1		0.027		
Folate, total	mcg	11		1		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11		1		1		4		
Folate, DFE	mcg_DFE	11		0	NC	4		4		
Choline, total	mg	75.1		0	BFSN	4		28.5		
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	RA	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	RA	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	227		0	BFZN	4		86		
Vitamin E (alpha-tocopherol)	mg	1.31		0	BFZN	4		0.50		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.325		0		4		0.503		
4:0	g	0.000		0		4		0.000		

NDB No. 43584
AMARANTH FLAKES

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.019		0		4		0.007		
13:0....g									
14:0....g	0.013		0		4		0.005		
15:0....g									
16:0....g	1.110		0		4		0.422		
17:0....g									
18:0....g	0.090		0		4		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.148		0		4		0.816		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		4		0.004		
17:1....g									
18:1 undifferentiated....g	2.135		0		4		0.811		
20:1....g	0.001		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.752		0		4		1.046		
18:2 undifferentiated....g	2.634		0		4		1.001		
18:3 undifferentiated....g	0.077		0		4		0.029		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43510
Cereal ready-to-eat, CRISPY BROWN RICE

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0		4		0.96		
Energy	kcal	388		0	NC	4		124		
Energy	kJ	1623		0	NC	4		519		
Protein	g	7.10		1		1		2.27		
Total lipid (fat)	g	3.50		1		1		1.12		
Ash	g	0.80		0	NC	4		0.26		
Carbohydrate, by difference	g	86.00		0	NC	4		27.52		
Fiber, total dietary	g	7.3		1		1		2.3		
Sugars, total	g	9.10		0	BFZN	4		2.91		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		9		
Iron, Fe	mg	1.15		1		1		0.37		
Magnesium, Mg	mg	88		0		4		28		
Phosphorus, P	mg	283		0		4		91		
Potassium, K	mg	238		1		1		76		
Sodium, Na	mg	12		1		1		4		
Zinc, Zn	mg	1.50		0		4		0.48		
Copper, Cu	mg	0.240		0		4		0.077		
Manganese, Mn	mg									
Selenium, Se	mcg	15.4		0	BFZN	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.090		1		1		0.029		
Riboflavin	mg	0.040		1		1		0.013		
Niacin	mg	2.050		1		1		0.656		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4		0.026		
Folate, total	mcg	19		0		4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19		0		4		6		
Folate, DFE	mcg_DFE	19		0	NC	4		6		
Choline, total	mg	33.0		0	BFZN	4		10.6		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.10		0	NR	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.688		0		4		0.220		
4:0	g	0.000		0		4		0.000		

NDB No. 43510
Cereal ready-to-eat, CRISPY BROWN RICE

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0		4		0.001		
13:0....g									
14:0....g	0.008		0		4		0.003		
15:0....g									
16:0....g	0.532		0		4		0.170		
17:0....g									
18:0....g	0.106		0		4		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.011		0		4		0.324		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0		4		0.018		
17:1....g									
18:1 undifferentiated....g	0.954		0		4		0.305		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.473		0		4		0.471		
18:2 undifferentiated....g	1.433		0		4		0.459		
18:3 undifferentiated....g	0.040		0		4		0.013		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08555

Cereal wafer straws, KELLOGG, APPLE JACKS Cereal straws

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.62		
Energy	kcal	439		0	MC	9		136		
Energy	kJ	1837		0	MC	9		569		
Protein (N x 6.25)	g	5.70		0	MC	9		1.77		
Total lipid (fat)	g	11.40		0	MC	9		3.53		
Ash	g	2.50		0	MC	9		0.78		
Carbohydrate, by difference	g	78.40		0	MC	9		24.30		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	40.00		0	MC	9		12.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	MC	9		9		
Iron, Fe	mg	0.00		0	MC	9		0.00		
Magnesium, Mg	mg	0		0	MC	9		0		
Phosphorus, P	mg	10		0	MC	9		3		
Potassium, K	mg	6		0	MC	9		2		
Sodium, Na	mg	50		0	MC	9		16		
Zinc, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg	0.000		0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.500		0	MC	9		0.155		
Riboflavin	mg	0.500		0	MC	9		0.155		
Niacin	mg	6.500		0	MC	9		2.015		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	0.600		0	MC	9		0.186		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg									
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.90		0	MC	9		0.59		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1612		0	MC	9		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	129		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.800		0	MC	9		1.798		
Fatty acids, total monounsaturated	g	3.200		0	MC	9		0.992		
Fatty acids, total polyunsaturated	g	2.400		0	MC	9		0.744		
Fatty acids, total trans	g	0.040		0	MC	9		0.012		

NDB No. 08555

Cereal wafer straws, KELLOGG, APPLE JACKS Cereal straws

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	10		0	MC	9		3		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 straws (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08559

Cereal wafer straws, KELLOGG, COCOA KRISPIES Cereal straws

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.62		
Energy	kcal	439		0	MC	9		136		
Energy	kJ	1837		0	MC	9		569		
Protein (N x 6.25)	g	5.90		0	MC	9		1.83		
Total lipid (fat)	g	11.80		0	MC	9		3.66		
Ash	g	3.10		0	MC	9		0.96		
Carbohydrate, by difference	g	77.20		0	MC	9		23.93		
Fiber, total dietary	g	1.5		0	MC	9		0.5		
Sugars, total	g	39.00		0	MC	9		12.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		3		
Iron, Fe	mg	1.60		0	MC	9		0.50		
Magnesium, Mg	mg	25		0	MC	9		8		
Phosphorus, P	mg	47		0	MC	9		15		
Potassium, K	mg	236		0	MC	9		73		
Sodium, Na	mg	50		0	MC	9		16		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg	0.000		0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.500		0	MC	9		0.155		
* Riboflavin	mg	0.500		0	MC	9		0.155		
* Niacin	mg	6.500		0	MC	9		2.015		
Pantothenic acid	mg									
* Vitamin B-6	mg	0.600		0	MC	9		0.186		
Folate, total	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
* Vitamin B-12	mcg	1.90		0	MC	9		0.59		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
* Vitamin A, IU	IU	1612		0	MC	9		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	MC	9		1.0		
* Vitamin D	IU	129		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.300		0	MC	9		1.953		
Fatty acids, total monounsaturated	g	3.400		0	MC	9		1.054		
Fatty acids, total polyunsaturated	g	2.070		0	MC	9		0.642		
Fatty acids, total trans	g	0.030		0	MC	9		0.009		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08559

Cereal wafer straws, KELLOGG, COCOA KRISPIES Cereal straws

Common Measures:

Measure 1 = 31g: 3 straws (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08556

Cereal wafer straws, KELLOGG, FROOT LOOPS Cereal straws

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.62		
Energy	kcal	438		0	MC	9		136		
Energy	kJ	1833		0	MC	9		568		
Protein (N x 6.25)	g	5.40		0	MC	9		1.67		
Total lipid (fat)	g	11.40		0	MC	9		3.53		
Ash	g	2.80		0	MC	9		0.87		
Carbohydrate, by difference	g	78.40		0	MC	9		24.30		
Fiber, total dietary	g	3.1		0	MC	9		1.0		
Sugars, total	g	38.60		0	MC	9		11.97		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0	FLM	4		17		
Iron, Fe	mg	0.57		0	FLM	4		0.18		
Magnesium, Mg	mg	14		0	FLM	4		4		
Phosphorus, P	mg	15		0	MC	9		5		
Potassium, K	mg	8		0	MC	9		2		
Sodium, Na	mg	49		0	MC	9		15		
Zinc, Zn	mg	0.47		0	FLM	4		0.15		
Copper, Cu	mg	0.067		0	FLM	4		0.021		
Manganese, Mn	mg									
Selenium, Se	mcg	16.0		0	FLM	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.500		0	MC	9		0.155		
Riboflavin	mg	0.500		0	MC	9		0.155		
Niacin	mg	6.500		0	MC	9		2.015		
Pantothenic acid	mg									
Vitamin B-6	mg	0.600		0	MC	9		0.186		
Folate, total	mcg	14		0	FLM	4		4		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	14		0	FLM	4		4		
Folate, DFE	mcg_DFE	14		0	NC	4		4		
Choline, total	mg	32.4		0	FLM	4		10.0		
Betaine	mg									
* Vitamin B-12	mcg	1.90		0	MC	9		0.59		
* Vitamin B-12, added	mcg	1.90		0	NR	4		0.59		
Vitamin A, RAE	mcg_RAE	482		0	NC	4		149		
Retinol	mcg	482		0	NR	4		149		
Carotene, beta	mcg	3		0	FLM	4		1		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	1612		0	MC	9		500		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	20		0	FLM	4		6		
Vitamin E (alpha-tocopherol)	mg	2.31		0	FLM	4		0.72		
Vitamin E, added	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	129		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	8.3		0	FLM	4		2.6		
Lipids:										
Fatty acids, total saturated	g	5.900		0	MC	9		1.829		
4:0	g	0.002		0	FLM	4		0.001		

NDB No. 08556
Cereal wafer straws, KELLOGG, FROOT LOOPS Cereal straws

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.001		0	FLM	4		0.000		
10:0 ... g	0.001		0	FLM	4		0.000		
12:0 ... g	0.007		0	FLM	4		0.002		
13:0 ... g									
14:0 ... g	0.124		0	FLM	4		0.039		
15:0 ... g									
16:0 ... g	5.081		0	FLM	4		1.575		
17:0 ... g									
18:0 ... g	0.647		0	FLM	4		0.201		
20:0 ... g	0.001		0	FLM	4		0.000		
22:0 ... g	0.001		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	3.300		0	MC	9		1.023		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.085		0	FLM	4		0.026		
17:1 ... g									
18:1 undifferentiated ... g	3.205		0	FLM	4		0.994		
20:1 ... g	0.006		0	FLM	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	2.160		0	MC	9		0.670		
18:2 undifferentiated ... g	2.039		0	FLM	4		0.632		
18:3 undifferentiated ... g	0.112		0	FLM	4		0.035		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.005		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.001		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.040		0	MC	9		0.012		
Cholesterol ... mg	17		0	FLM	4		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 straws (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08217

Cereals ready to eat, composite character cereals (movies, TV), brand A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.68		0	MC	9				
Energy ... kcal	389		0	NC	4				
Energy ... kJ	1628		0	NC	4				
Protein ... g	6.13		0	MC	9				
Total lipid (fat) ... g	2.33		0	MC	9				
Ash ... g	3.10		0	MC	9				
Carbohydrate, by difference ... g	85.90		0	MC	9				
Fiber, total dietary ... g	3.6		0	MC	9				
Sugars, total ... g	39.25		0	MC	9				
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	107		0	MC	9				
* Iron, Fe ... mg	14.43		0	MC	9				
Magnesium, Mg ... mg	51		0	MC	9				
Phosphorus, P ... mg	122		0	MC	9				
Potassium, K ... mg	165		0	MC	9				
Sodium, Na ... mg	648		0	MC	9				
* Zinc, Zn ... mg	5.60		0	MC	9				
Copper, Cu ... mg	0.120		0	MC	9				
Manganese, Mn ... mg									
Selenium, Se ... mcg	6.5		0	FLM	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	52.5		0	MC	9				
* Thiamin ... mg	1.325		0	MC	9				
* Riboflavin ... mg	1.500		0	MC	9				
* Niacin ... mg	17.750		0	MC	9				
Pantothenic acid ... mg	0.151		0	FLM	4				
* Vitamin B-6 ... mg	1.800		0	MC	9				
* Folate, total ... mcg	358		0	MC	9				
* Folic acid ... mcg	339		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	594		0	NC	4				
Choline, total ... mg	7.2		0	FLM	4				
Betaine ... mg									
* Vitamin B-12 ... mcg	5.18		0	MC	9				
* Vitamin B-12, added ... mcg	5.18		0	NR	4				
Vitamin A, RAE ... mcg_RAE	501		0	NC	4				
Retinol ... mcg	497		0	NC	4				
Carotene, beta ... mcg	37		0	FLM	4				
Carotene, alpha ... mcg	24		0	FLM	4				
Cryptoxanthin, beta ... mcg	0		0	FLM	4				
* Vitamin A, IU ... IU	1740		0	MC	9				
Lycopene ... mcg	0		0	FLM	4				
Lutein + zeaxanthin ... mcg	528		0	FLM	4				
Vitamin E (alpha-tocopherol) ... mg	0.21		0	FLM	4				
Vitamin E, added ... mg	0.00		0	FLM	4				
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	4.1		0	MC	9				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	163		0	MC	9				
Vitamin K (phylloquinone) ... mcg	0.7		0	FLM	4				
Lipids:									
Fatty acids, total saturated ... g	0.525		0	MC	9				
4:0 ... g	0.000		0	FLM	4				

NDB No. 08217

Cereals ready to eat, composite character cereals (movies, TV), brand A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4				
8:0 ... g	0.000		0	FLM	4				
10:0 ... g	0.000		0	FLM	4				
12:0 ... g	0.010		0	FLM	4				
13:0 ... g									
14:0 ... g	0.007		0	FLM	4				
15:0 ... g	0.000		0	FLM	4				
16:0 ... g	0.334		0	FLM	4				
17:0 ... g	0.001		0	FLM	4				
18:0 ... g	0.156		0	FLM	4				
20:0 ... g	0.005		0	FLM	4				
22:0 ... g	0.002		0	FLM	4				
24:0 ... g	0.000		0	FLM	4				
Fatty acids, total monounsaturated ... g	0.975		0	MC	9				
14:1 ... g	0.000		0	FLM	4				
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4				
17:1 ... g									
18:1 undifferentiated ... g	0.971		0	FLM	4				
20:1 ... g	0.001		0	FLM	4				
22:1 undifferentiated ... g	0.000		0	FLM	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.775		0	MC	9				
18:2 undifferentiated ... g	0.746		0	FLM	4				
18:3 undifferentiated ... g	0.026		0	FLM	4				
18:4 ... g	0.000		0	FLM	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4				
20:5 n-3 (EPA) ... g	0.000		0	FLM	4				
22:5 n-3 (DPA) ... g	0.000		0	FLM	4				
22:6 n-3 (DHA) ... g	0.000		0	FLM	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4				
Caffeine ... mg	0		0	FLM	4				
Theobromine ... mg	2		0	FLM	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08222

Cereals ready to eat, composite character cereals (movies, TV), brand B

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	CAAN	4				
Energy	kcal	388		0	NC	4				
Energy	kJ	1625		0	NC	4				
Protein (N x 6.25)	g	3.33		0	LC	8				
Total lipid (fat)	g	1.67		0	LC	8				
Ash	g	2.45		0	NC	4				
Carbohydrate, by difference	g	90.00		0	LC	8				
Fiber, total dietary	g	0.0		0	LC	8				
Sugars, total	g	46.67		0	LC	8				
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	LC	8				
* Iron, Fe	mg	15.00		0	LC	8				
Magnesium, Mg	mg	15		0	FLC	4				
Phosphorus, P	mg	67		0	LC	8				
Potassium, K	mg	33		0	LC	8				
Sodium, Na	mg	533		0	LC	8				
* Zinc, Zn	mg	12.50		0	LC	8				
Copper, Cu	mg	0.061		0	FLC	4				
Manganese, Mn	mg	0.045		0	FLC	4				
Selenium, Se	mcg	3.6		0	FLC	4				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	LC	8				
* Thiamin	mg	1.250		0	LC	8				
* Riboflavin	mg	1.417		0	LC	8				
* Niacin	mg	16.667		0	LC	8				
Pantothenic acid	mg	0.111		0	FLC	4				
* Vitamin B-6	mg	1.667		0	LC	8				
* Folate, total	mcg	333		0	LC	8				
* Folic acid	mcg	314		0	NC	4				
Folate, food	mcg	19		0	CAAN	4				
Folate, DFE	mcg_DFE	553		0	NC	4				
Choline, total	mg	4.0		0	FLM	4				
Betaine	mg									
* Vitamin B-12	mcg	5.00		0	LC	8				
* Vitamin B-12, added	mcg	5.00		0	NR	4				
Vitamin A, RAE	mcg_RAE	481		0	NC	4				
Retinol	mcg	478		0	NC	4				
Carotene, beta	mcg	31		0	FLC	4				
Carotene, alpha	mcg	20		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
* Vitamin A, IU	IU	1667		0	LC	8				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	428		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.29		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	LC	8				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	133		0	LC	8				
Vitamin K (phylloquinone)	mcg	1.8		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0	LC	8				
4:0	g	0.000		0	FLC	4				

NDB No. 08222

Cereals ready to eat, composite character cereals (movies, TV), brand B

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4				
8:0 ... g	0.000		0	FLC	4				
10:0 ... g	0.000		0	FLC	4				
12:0 ... g	0.000		0	FLC	4				
13:0 ... g									
14:0 ... g	0.000		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	0.000		0	FLC	4				
17:0 ... g	0.000		0	FLC	4				
18:0 ... g	0.000		0	FLC	4				
20:0 ... g	0.000		0	FLC	4				
22:0 ... g	0.000		0	FLC	4				
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.667		0	LC	8				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	1.631		0	FLC	4				
20:1 ... g	0.025		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLC	4				
18:2 undifferentiated ... g	0.000		0	FLC	4				
18:3 undifferentiated ... g	0.000		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 (EPA) ... g	0.000		0	FLC	4				
22:5 n-3 (DPA) ... g	0.000		0	FLC	4				
22:6 n-3 (DHA) ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	LC	8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	0		0	FLC	4				
Theobromine ... mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08254
Cereals ready-to-eat, APPLE CINNAMON SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.50		0	MC	9		5.23		
Energy....kcal	331		0	MC	9		182		
Energy....kJ	1385		0		9		762		
Protein....g	7.20		0	MC	9		3.96		
Total lipid (fat)....g	1.80		0	MC	9		0.99		
Ash....g	1.40		0	MC	9		0.77		
Carbohydrate, by difference....g	80.10		0	MC	9		44.06		
Fiber, total dietary....g	8.6		0	MC	9		4.7		
Sugars, total....g	21.20		0	MC	9		11.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	MC	9		21		
* Iron, Fe....mg	29.50		0	ML	5		16.23		
Magnesium, Mg....mg	88		0	MC	9		48		
Phosphorus, P....mg	280		0	MC	9		154		
Potassium, K....mg	302		0	MC	9		166		
Sodium, Na....mg	36		0	MC	9		20		
* Zinc, Zn....mg	2.70		0	MC	9		1.49		
Copper, Cu....mg	0.200		0	MC	9		0.110		
Manganese, Mn....mg	3.092		0	FLC	4		1.701		
Selenium, Se....mcg	4.1		0	BFZN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.700		0	ML	5		0.385		
* Riboflavin....mg	0.800		0	ML	5		0.440		
* Niacin....mg	9.100		0	ML	5		5.005		
Pantothenic acid....mg	0.641		0	FLC	4		0.353		
* Vitamin B-6....mg	0.900		0	ML	5		0.495		
* Folate, total....mcg	200		0	ML	5		110		
Folic acid....mcg	181		0	NC	4		100		
Folate, food....mcg	19		0	CAZN	4		10		
Folate, DFE....mcg_DFE	327		0	NC	4		180		
Choline, total....mg	20.0		0	BFZN	4		11.0		
Betaine....mg									
* Vitamin B-12....mcg	2.70		0	MC	9		1.49		
* Vitamin B-12, added....mcg	2.70		0	NR	4		1.49		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NC	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	ML	5		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.55		0	FLM	4		0.30		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.5		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated....g	0.400		0	MC	9		0.220		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08254
Cereals ready-to-eat, APPLE CINNAMON SQUARES MINI-WHEATS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.012		0	FLM	4		0.006		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.006		0	FLM	4		0.003		
15:0....g									
16:0....g	0.324		0	FLM	4		0.178		
17:0....g									
18:0....g	0.048		0	FLM	4		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.500		0	MC	9		0.275		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLM	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.488		0	FLM	4		0.268		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	MC	9		0.495		
18:2 undifferentiated....g	0.849		0	FLM	4		0.467		
18:3 undifferentiated....g	0.049		0	FLM	4		0.027		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08400
Cereals ready-to-eat, Cranberry Macadamia Nut Cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.26		0	MC	9		2.56		
Energy	kcal	408		0	MC	9		245		
Energy	kJ	1706		0	MC	9		1023		
Protein (N x 6.25)	g	6.64		0	MC	9		3.98		
Total lipid (fat)	g	9.82		0	MC	9		5.89		
Ash	g	2.27		0	MC	9		1.36		
Carbohydrate, by difference	g	76.98		0	MC	9		46.19		
Fiber, total dietary	g	6.0		0	MC	9		3.6		
Sugars, total	g	28.73		0	MC	9		17.24		
Starch	g									
Minerals:										
* Calcium, Ca	mg	126		0	MC	9		76		
* Iron, Fe	mg	17.15		0	MC	9		10.29		
Magnesium, Mg	mg	65		0	MC	9		39		
Phosphorus, P	mg	178		0	MC	9		107		
Potassium, K	mg	224		0	MC	9		134		
Sodium, Na	mg	418		0	MC	9		251		
* Zinc, Zn	mg	4.98		0	MC	9		2.99		
Copper, Cu	mg	0.280		0	MC	9		0.168		
Manganese, Mn	mg	1.670		0	MC	9		1.002		
Selenium, Se	mcg	1.3		0	MC	9		0.8		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	17.9		0	MC	9		10.7		
* Thiamin	mg	0.770		0	MC	9		0.462		
* Riboflavin	mg	0.930		0	MC	9		0.558		
* Niacin	mg	10.820		0	MC	9		6.492		
Pantothenic acid	mg	0.420		0	MC	9		0.252		
Vitamin B-6	mg	1.110		0	MC	9		0.666		
* Folate, total	mcg	531		0	MC	9		319		
Folic acid	mcg	512		0	CAAN	4		307		
Folate, food	mcg	19		0	NC	4		11		
Folate, DFE	mcg_DFE	889		0	NC	4		534		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	387		0	NC	4		232		
Retinol	mcg	387		0	NC	4		232		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
* Vitamin A, IU	IU	1289		0	MC	9		773		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	MC	9		0.6		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	43		0	MC	9		26		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.650		0	MC	9		0.990		
Fatty acids, total monounsaturated	g	6.540		0	MC	9		3.924		
Fatty acids, total polyunsaturated	g	0.840		0	MC	9		0.504		
Fatty acids, total trans	g									

NDB No. 08400
Cereals ready-to-eat, Cranberry Macadamia Nut Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43241
Cereals ready-to-eat, FAMILIA

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90		0		4		2.32		
Energy	kcal	388		0	NC	4		473		
Energy	kJ	1623		0	NC	4		1981		
Protein	g	9.50		1		1		11.59		
Total lipid (fat)	g	6.30		1		1		7.69		
Ash	g	8.50		0	NC	4		10.37		
Carbohydrate, by difference	g	73.80		0	NC	4		90.04		
Fiber, total dietary	g	8.5		0		4		10.4		
Sugars, total	g	26.20		0	LC	8		31.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	173		1		1		211		
Iron, Fe	mg	2.78		0		4		3.39		
Magnesium, Mg	mg	317		1		1		387		
Phosphorus, P	mg	337		0		4		411		
Potassium, K	mg	494		0		4		603		
Sodium, Na	mg	50		0		4		61		
Zinc, Zn	mg	1.92		0		4		2.34		
Copper, Cu	mg	0.407		0		4		0.497		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		21.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		4		0.7		
Thiamin	mg	0.320		0		4		0.390		
Riboflavin	mg	0.550		0		4		0.671		
Niacin	mg	1.800		0		4		2.196		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0		4		0.122		
Folate, total	mcg	16		0		4		20		
Folic acid	mcg	0		0	NC	4		0		
Folate, food	mcg	16		0	NC	4		20		
Folate, DFE	mcg_DFE	16		0	NC	4		20		
Choline, total	mg	23.9		0	FLM	4		29.2		
Betaine	mg									
Vitamin B-12	mcg	0.29		0		4		0.35		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLM	4		1		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	3		0	FLM	4		4		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	1		0	FLM	4		1		
Vitamin A, IU	IU	6		0	FLM	4		8		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	130		0	FLM	4		159		
Vitamin E (alpha-tocopherol)	mg	1.16		0	FLM	4		1.41		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.8		0	FLM	4		4.6		
Lipids:										
Fatty acids, total saturated	g	0.711		0		4		0.867		
4:0	g	0.000		0		4		0.000		

NDB No. 43241
Cereals ready-to-eat, FAMILIA

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.003		0		4		0.004		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.003		0		4		0.004		
13:0 ... g									
14:0 ... g	0.014		0		4		0.017		
15:0 ... g									
16:0 ... g	0.567		0		4		0.692		
17:0 ... g									
18:0 ... g	0.095		0		4		0.116		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.205		0		4		3.910		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.023		0		4		0.028		
17:1 ... g									
18:1 undifferentiated ... g	3.164		0		4		3.860		
20:1 ... g	0.007		0		4		0.009		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.656		0		4		2.020		
18:2 undifferentiated ... g	1.548		0		4		1.889		
18:3 undifferentiated ... g	0.092		0		4		0.112		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0		4		0.002		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08517

Cereals ready-to-eat, GENERAL MILLS Peanut Butter Toast Crunch

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.10		0	MC	9		0.63		
Energy....kcal	433		0	MC	9		130		
Energy....kJ	1813		0	MC	9		544		
Protein (N x 6.25)....g	6.67		0	MC	9		2.00		
Total lipid (fat)....g	11.67		0	NR	4		3.50		
Ash....g	3.51		0	MC	9		1.05		
Carbohydrate, by difference....g	76.00		0	NC	4		22.80		
Fiber, total dietary....g	3.3		0	MC	9		1.0		
Sugars, total....g	43.33		0	MC	9		13.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	333		0	MC	9		100		
Iron, Fe....mg	15.00		0	MC	9		4.50		
Magnesium, Mg....mg	27		0	MC	9		8		
Phosphorus, P....mg	67		0	MC	9		20		
Potassium, K....mg	200		0	MC	9		60		
Sodium, Na....mg	450		0	MC	9		135		
Zinc, Zn....mg	12.50		0	MC	9		3.75		
Copper, Cu....mg	0.161		0	FLM	4		0.048		
Manganese, Mn....mg	1.056		0	FLM	4		0.317		
Selenium, Se....mcg	15.2		0	FLM	4		4.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0		
Thiamin....mg	1.250		0	MC	9		0.375		
Riboflavin....mg	1.420		0	MC	9		0.426		
Niacin....mg	16.670		0	MC	9		5.001		
Pantothenic acid....mg	0.471		0	FLM	4		0.141		
Vitamin B-6....mg	1.667		0	MC	9		0.500		
Folate, total....mcg	333		0	MC	9		100		
* Folic acid....mcg	313		0	NC	4		94		
Folate, food....mcg	20		0	FLM	4		6		
Folate, DFE....mcg_DFE	553		0	NC	4		166		
Choline, total....mg	16.3		0	FLM	4		4.9		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.00		0	NC	4		1.50		
Vitamin A, RAE....mcg_RAE	500		0	NC	4		150		
Retinol....mcg	500		0	NR	4		150		
Carotene, beta....mcg	1		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	1667		0	MC	9		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	36		0	FLM	4		11		
Vitamin E (alpha-tocopherol)....mg	2.16		0	FLM	4		0.65		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	133		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	2.6		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated....g	1.670		0	MC	9		0.501		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08517
Cereals ready-to-eat, GENERAL MILLS Peanut Butter Toast Crunch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.017		0	FLM	4		0.005		
13:0....g									
14:0....g	0.030		0	FLM	4		0.009		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	0.970		0	FLM	4		0.291		
17:0....g									
18:0....g	0.294		0	FLM	4		0.088		
20:0....g	0.100		0	FLM	4		0.030		
22:0....g	0.194		0	FLM	4		0.058		
24:0....g	0.060		0	FLM	4		0.018		
Fatty acids, total monounsaturated....g	6.670		0	MC	9		2.001		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.011		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	6.508		0	FLM	4		1.952		
20:1....g	0.150		0	FLM	4		0.045		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.330		0	MC	9		0.999		
18:2 undifferentiated....g	3.108		0	FLM	4		0.933		
18:3 undifferentiated....g	0.219		0	FLM	4		0.066		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.012		0	FLM	4		0.004		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08585
Cereals ready-to-eat, GENERAL MILLS TOTAL, Cranberry Crunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.23		0	FLC	4		2.45		
Energy....kcal	328		1	LC	8		190		
Energy....kJ	1372		1	LC	8		796		
Protein (N x 6.25)....g	7.22		0	FLC	4		4.19		
Total lipid (fat)....g	2.70		0	FLC	4		1.57		
Ash....g	2.70		0	NC	4		1.57		
Carbohydrate, by difference....g	83.15		0	NC	4		48.23		
Fiber, total dietary....g	7.2		0	FLC	4		4.2		
Sugars, total....g	27.59		1	LC	8		16.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	1724		1	LC	8		1000		
* Iron, Fe....mg	31.03		1	LC	8		18.00		
* Magnesium, Mg....mg	69		1	LC	8		40		
Phosphorus, P....mg	172		1	LC	8		100		
Potassium, K....mg	276		1	LC	8		160		
Sodium, Na....mg	397		1	LC	8		230		
* Zinc, Zn....mg	25.86		1	LC	8		15.00		
Copper, Cu....mg	0.219		0	FLC	4		0.127		
Manganese, Mn....mg	2.028		0	FLC	4		1.177		
Selenium, Se....mcg	3.9		0	BFZN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	2.586		1	LC	8		1.500		
Riboflavin....mg	2.931		1	LC	8		1.700		
Niacin....mg	34.483		1	LC	8		20.000		
Pantothenic acid....mg	17.241		1	LC	8		10.000		
Vitamin B-6....mg	3.448		1	LC	8		2.000		
Folate, total....mcg	690		1	LC	8		400		
* Folic acid....mcg	667		0	NR	4		387		
Folate, food....mcg	23		0	FLC	4		13		
Folate, DFE....mcg_DFE	1156		0	NC	4		671		
Choline, total....mg	16.9		0	FLC	4		9.8		
Betaine....mg									
* Vitamin B-12....mcg	10.34		1	LC	8		6.00		
* Vitamin B-12, added....mcg	10.34		0	NR	4		6.00		
Vitamin A, RAE....mcg_RAE	257		0	NC	4		149		
Retinol....mcg	257		0	NR	4		149		
Carotene, beta....mcg	3		0	FLC	4		2		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	862		1	LC	8		500		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	118		0	FLC	4		68		
* Vitamin E (alpha-tocopherol)....mg	23.28		1	LC	8		13.50		
* Vitamin E, added....mg	22.57		0	NR	4		13.09		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.3		0	LC	8		2.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	172		1	LC	8		100		
Vitamin K (phylloquinone)....mcg	4.1		0	FLC	4		2.4		
Lipids:									
Fatty acids, total saturated....g	0.405		0	FLC	4		0.235		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08585

Cereals ready-to-eat, GENERAL MILLS TOTAL, Cranberry Crunch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.009		0	FLC	4		0.005		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.002		0	FLC	4		0.001		
15:0 ... g									
16:0 ... g	0.300		0	FLC	4		0.174		
17:0 ... g									
18:0 ... g	0.075		0	FLC	4		0.044		
20:0 ... g	0.005		0	FLC	4		0.003		
22:0 ... g	0.005		0	FLC	4		0.003		
24:0 ... g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated ... g	0.487		0	FLC	4		0.282		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.007		0	FLC	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.477		0	FLC	4		0.277		
20:1 ... g	0.003		0	FLC	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated ... g	1.300		0	FLC	4		0.754		
18:2 undifferentiated ... g	1.181		0	FLC	4		0.685		
18:3 undifferentiated ... g	0.118		0	FLC	4		0.068		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08263
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30		0	MC	9		0.69		
Energy	kcal	400		0	MC	9		120		
Energy	kJ	1674		0	MC	9		502		
Protein (N x 6.25)	g	6.67		0	MC	9		2.00		
Total lipid (fat)	g	5.00		0	NR	4		1.50		
Ash	g	2.89		0	MC	9		0.87		
Carbohydrate, by difference	g	83.33		0	MC	9		25.00		
Fiber, total dietary	g	4.0		0	MC	9		1.2		
Sugars, total	g	43.33		0	MC	9		13.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P	mg	200		0	MC	9		60		
Potassium, K	mg	200		0	MC	9		60		
Sodium, Na	mg	400		0	MC	9		120		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.167		0	FLM	4		0.050		
Manganese, Mn	mg	1.513		0	FLM	4		0.454		
Selenium, Se	mcg	37.5		0	BFZN	4		11.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.532		0	FLM	4		0.160		
* Vitamin B-6	mg	1.667		0	MC	9		0.500		
* Folate, total	mcg	667		0	MC	9		200		
* Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	NC	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
Choline, total	mg	21.0		0	FLM	4		6.3		
Betaine	mg									
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.00		0	MC	9		1.50		
* Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
* Retinol	mcg	497		0	NC	4		149		
Carotene, beta	mcg	6		0	FLM	4		2		
Carotene, alpha	mcg	3		0	FLM	4		1		
Cryptoxanthin, beta	mcg	1		0	FLM	4		0		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	141		0	FLM	4		42		
Vitamin E (alpha-tocopherol)	mg	0.75		0	FLM	4		0.22		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	133		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	4.7		0	FLM	4		1.4		
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		

NDB No. 08263
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLM	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLM	4		0.000		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	3.330		0	MC	9		0.999		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.014		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	3.221		0	FLM	4		0.966		
20:1 ... g	0.062		0	FLM	4		0.019		
22:1 undifferentiated ... g	0.022		0	FLM	4		0.007		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.670		0	MC	9		0.501		
18:2 undifferentiated ... g	1.399		0	FLM	4		0.420		
18:3 undifferentiated ... g	0.271		0	FLM	4		0.081		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08262

Cereals ready-to-eat, GENERAL MILLS, BASIC 4

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.00		0	MC	9		2.20		
Energy ... kcal	382		0	MC	9		210		
Energy ... kJ	1598		0	MC	9		879		
Protein (N x 6.25) ... g	7.27		0	MC	9		4.00		
Total lipid (fat) ... g	5.45		0	MC	9		3.00		
Ash ... g	3.95		0	MC	9		2.17		
Carbohydrate, by difference ... g	80.00		0	MC	9		44.00		
Fiber, total dietary ... g	5.8		0	MC	9		3.2		
Sugars, total ... g	25.45		0	MC	9		14.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	455		0	MC	9		250		
Iron, Fe ... mg	8.18		0	MC	9		4.50		
Magnesium, Mg ... mg	58		0	MC	9		32		
Phosphorus, P ... mg	182		0	MC	9		100		
Potassium, K ... mg	273		0	MC	9		150		
Sodium, Na ... mg	582		0	MC	9		320		
Zinc, Zn ... mg	6.82		0	MC	9		3.75		
Copper, Cu ... mg	0.145		0	MC	9		0.080		
Manganese, Mn ... mg	0.995		0	FLM	4		0.547		
Selenium, Se ... mcg	17.0		0	RA	4		9.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.680		0	MC	9		0.374		
Riboflavin ... mg	0.770		0	MC	9		0.424		
Niacin ... mg	9.090		0	MC	9		5.000		
Pantothenic acid ... mg	0.490		0	FLM	4		0.269		
Vitamin B-6 ... mg	0.909		0	MC	9		0.500		
Folate, total ... mcg	182		0	MC	9		100		
* Folic acid ... mcg	163		0	NC	4		90		
Folate, food ... mcg	19		0	NC	4		10		
Folate, DFE ... mcg_DFE	296		0	NC	4		163		
Choline, total ... mg	14.0		0	FLM	4		7.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.73		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	2.73		0	NC	4		1.50		
Vitamin A, RAE ... mcg_RAE	273		0	NC	4		150		
Retinol ... mcg	252		0	NC	4		138		
Carotene, beta ... mcg	34		0	FLM	4		19		
Carotene, alpha ... mcg	16		0	FLM	4		9		
Cryptoxanthin, beta ... mcg	2		0	FLM	4		1		
* Vitamin A, IU ... IU	909		0	MC	9		500		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	357		0	FLM	4		196		
Vitamin E (alpha-tocopherol) ... mg	1.03		0	FLM	4		0.57		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	73		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	3.2		0	FLM	4		1.8		
Lipids:									
Fatty acids, total saturated ... g	0.910		0	MC	9		0.501		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08262
Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.004		0	FLM	4		0.002		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.007		0	FLM	4		0.004		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.640		0	FLM	4		0.352		
17:0 ... g	0.002		0	FLM	4		0.001		
18:0 ... g	0.218		0	FLM	4		0.120		
20:0 ... g	0.010		0	FLM	4		0.005		
22:0 ... g	0.010		0	FLM	4		0.005		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	1.820		0	MC	9		1.001		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.013		0	FLM	4		0.007		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	1.791		0	FLM	4		0.985		
20:1 ... g	0.011		0	FLM	4		0.006		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	0.910		0	MC	9		0.501		
18:2 undifferentiated ... g	0.862		0	FLM	4		0.474		
18:3 undifferentiated ... g	0.044		0	FLM	4		0.024		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08274
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.60		
Energy....kcal	400		0	MC	9		104		
Energy....kJ	1674		0	MC	9		435		
Protein (N x 6.25)....g	3.33		0	MC	9		0.87		
Total lipid (fat)....g	5.00		0	MC	9		1.30		
Ash....g	2.25		0	MC	9		0.59		
Carbohydrate, by difference....g	86.67		0	MC	9		22.53		
Fiber, total dietary....g	3.3		0	MC	9		0.9		
Sugars, total....g	30.00		0	MC	9		7.80		
Starch....g									
Minerals:									
* Calcium, Ca....mg	133		0	MC	9		35		
* Iron, Fe....mg	15.00		0	MC	9		3.90		
Magnesium, Mg....mg	0		0	MC	9		0		
Phosphorus, P....mg	133		0	MC	9		35		
Potassium, K....mg	133		0	MC	9		35		
Sodium, Na....mg	533		0	MC	9		139		
* Zinc, Zn....mg	12.50		0	MC	9		3.25		
Copper, Cu....mg	0.095		0	FLM	4		0.025		
Manganese, Mn....mg	0.280		0	FLM	4		0.073		
Selenium, Se....mcg	20.1		0	RA	4		5.2		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		5.2		
* Thiamin....mg	1.250		0	MC	9		0.325		
* Riboflavin....mg	1.420		0	MC	9		0.369		
* Niacin....mg	16.670		0	MC	9		4.334		
Pantothenic acid....mg	0.269		0	FLM	4		0.070		
* Vitamin B-6....mg	1.667		0	MC	9		0.433		
* Folate, total....mcg	333		0	MC	9		87		
* Folic acid....mcg	314		0	NC	4		82		
Folate, food....mcg	19		0	CAAN	4		5		
Folate, DFE....mcg_DFE	553		0	NC	4		144		
Choline, total....mg	8.8		0	FLM	4		2.3		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.30		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.30		
* Vitamin A, RAE....mcg_RAE	501		0	NC	4		130		
* Retinol....mcg	473		0	NC	4		123		
Carotene, beta....mcg	42		0	FLM	4		11		
Carotene, alpha....mcg	27		0	FLM	4		7		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1667		0	MC	9		433		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	594		0	FLM	4		155		
Vitamin E (alpha-tocopherol)....mg	0.80		0	FLM	4		0.21		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.8		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	3.8		0	LC	8		1.0		
Vitamin D....IU	154		0	LC	8		40		
Vitamin K (phylloquinone)....mcg	4.9		0	FLM	4		1.3		
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		

NDB No. 08274
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g									
16:0....g	0.000		0	FLM	4		0.000		
17:0....g									
18:0....g	0.000		0	FLM	4		0.000		
20:0....g	0.000		0	FLM	4		0.000		
22:0....g	0.000		0	FLM	4		0.000		
24:0....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated....g	3.000		0	MC	9		0.780		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	2.877		0	FLM	4		0.748		
20:1....g	0.073		0	FLM	4		0.019		
22:1 undifferentiated....g	0.026		0	FLM	4		0.007		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	MC	9		0.000		
18:2 undifferentiated....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08273

Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.02		0	MC	9		0.67		
Energy ... kcal	400		0	MC	9		132		
Energy ... kJ	1674		0	MC	9		552		
Protein (N x 6.25) ... g	3.33		0	MC	9		1.10		
Total lipid (fat) ... g	3.33		0	MC	9		1.10		
Ash ... g	2.50		0	MC	9		0.83		
Carbohydrate, by difference ... g	88.82		0	NC	4		29.31		
Fiber, total dietary ... g	0.9		1	MA	12		0.3		
Sugars, total ... g	46.67		0	MC	9		15.40		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	67		0	MC	9		22		
Iron, Fe ... mg	15.00		0	MC	9		4.95		
Magnesium, Mg ... mg	0		0	MC	9		0		
Phosphorus, P ... mg	67		0	MC	9		22		
Potassium, K ... mg	117		0	MC	9		39		
Sodium, Na ... mg	633		0	MC	9		209		
* Zinc, Zn ... mg	12.50		0	MC	9		4.13		
Copper, Cu ... mg	0.057		0	FLM	4		0.019		
Manganese, Mn ... mg	0.040		0	FLM	4		0.013		
Selenium, Se ... mcg	6.5		0	BFZN	4		2.1		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.6		
* Thiamin ... mg	1.250		0	MC	9		0.413		
* Riboflavin ... mg	1.420		0	MC	9		0.469		
* Niacin ... mg	16.670		0	MC	9		5.501		
Pantothenic acid ... mg	0.097		0	FLM	4		0.032		
* Vitamin B-6 ... mg	1.667		0	MC	9		0.550		
* Folate, total ... mcg	333		0	MC	9		110		
* Folic acid ... mcg	314		0	NC	4		104		
Folate, food ... mcg	19		0	NC	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		183		
Choline, total ... mg	3.2		0	FLM	4		1.1		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.65		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.65		
Vitamin A, RAE ... mcg_RAE	3		0	NC	4		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	27		0	FLM	4		9		
Carotene, alpha ... mcg	18		0	FLM	4		6		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	59		0	NC	4		20		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	375		0	FLM	4		124		
Vitamin E (alpha-tocopherol) ... mg	0.55		0	FLM	4		0.18		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.0		0	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	3.0		0	LC	8		1.0		
Vitamin D ... IU	121		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	3.7		0	FLM	4		1.2		
Lipids:									
Fatty acids, total saturated ... g	0.522		0	FLM	4		0.172		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08273
Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.003		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.378		0	FLM	4		0.125		
17:0 ... g									
18:0 ... g	0.140		0	FLM	4		0.046		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	1.670		0	MC	9		0.551		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	1.595		0	FLM	4		0.526		
20:1 ... g	0.044		0	FLM	4		0.015		
22:1 undifferentiated ... g	0.016		0	FLM	4		0.005		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	MC	9		0.000		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.76	0.105	4	A	1	C	1.05		
Energy....kcal	367		0	MC	9		103		
Energy....kJ	1534		0	MC	9		430		
Protein (N x 6.25)....g	11.33	0.141	4	A	1	C	3.17		
Total lipid (fat)....g	5.90	0.168	4	A	1	C	1.65		
Ash....g	4.32	0.040	4	A	1	C	1.21		
Carbohydrate, by difference....g	74.68		0	NC	4		20.91		
Fiber, total dietary....g	10.1	0.232	4	A	1	C	2.8		
Sugars, total....g	4.02	0.102	4	A	1	C	1.13		
Sucrose....g	4.02	0.102	4	A	1	C	1.13		
Glucose (dextrose)....g	0.00	0.000	4	A	1	C	0.00		
Fructose....g	0.00	0.000	4	A	1	C	0.00		
Lactose....g	0.00	0.000	4	A	1	C	0.00		
Maltose....g	0.00	0.000	4	A	1	C	0.00		
Galactose....g	0.00	0.000	4	A	1	C	0.00		
Starch....g	55.87	0.958	4	A	1	C	15.64		
Minerals:									
* Calcium, Ca....mg	408	5.595	12	A	1	B	114		
* Iron, Fe....mg	31.77	0.599	12	A	1	B	8.89		
Magnesium, Mg....mg	120		1	MA	12	B	34		
Phosphorus, P....mg	435	2.399	12	A	1	B	122		
Potassium, K....mg	609	8.817	12	A	1	B	171		
Sodium, Na....mg	665	6.192	12	A	1	B	186		
* Zinc, Zn....mg	15.85	0.312	12	A	1	B	4.44		
Copper, Cu....mg	0.246	0.010	12	A	1	B	0.069		
Manganese, Mn....mg	3.391	0.028	12	A	1	B	0.949		
Selenium, Se....mcg	28.5	0.774	12	A	1	B	8.0		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	24.4	0.147	4	A	1	C	6.8		
* Thiamin....mg	1.932	0.028	4	A	1	C	0.541		
* Riboflavin....mg	1.608	0.043	12	A	1	B	0.450		
* Niacin....mg	19.100	1.117	4	A	1	C	5.348		
Pantothenic acid....mg	1.073	0.049	4	A	1	C	0.300		
* Vitamin B-6....mg	1.775	0.063	4	A	1	C	0.497		
Folate, total....mcg	975		0	NC	4		273		
* Folic acid....mcg	956		1	MA	12	C	268		
Folate, food....mcg	19		0	CAZN	4		5		
Folate, DFE....mcg_DFE	1644		0	NC	4		460		
Choline, total....mg	26.2		0	AS	1		7.3		
Betaine....mg	34.7		1	A	1		9.7		
* Vitamin B-12....mcg	6.20	0.168	4	A	1	C	1.74		
* Vitamin B-12, added....mcg	6.20		0	NR	4		1.74		
* Vitamin A, RAE....mcg_RAE	867		0	AS	1		243		
* Retinol....mcg	866	32.267	4	A	1	C	243		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	2888		0	AS	1		809		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	176		0	FLM	4		49		
* Vitamin E (alpha-tocopherol)....mg	0.68		0	FLM	4		0.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.6		0	NR	4		1.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08013
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	143		0	LC	8		40		
Vitamin K (phylloquinone).....mcg	3.2		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.954		0	NC	4		0.267		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		1	A	1	C	0.000		
8:0.....g	0.002		1	A	1	C	0.001		
10:0.....g	0.039		1	A	1	C	0.011		
12:0.....g	0.000		1	A	1	C	0.000		
13:0.....g									
14:0.....g	0.014		1	A	1	C	0.004		
15:0.....g	0.002		1	A	1	C	0.001		
16:0.....g	0.796		1	A	1	C	0.223		
17:0.....g	0.002		1	A	1	C	0.001		
18:0.....g	0.088		1	A	1	C	0.025		
20:0.....g	0.007		1	A	1	C	0.002		
22:0.....g	0.004		1	A	1	C	0.001		
24:0.....g	0.000		1	A	1	C	0.000		
Fatty acids, total monounsaturated.....g	1.917		0	NC	4		0.537		
14:1.....g	0.000		1	A	1	C	0.000		
15:1.....g	0.000		1	A	1	C	0.000		
16:1 undifferentiated.....g	0.009		0	AS	1		0.002		
16:1 c.....g	0.009		1	A	1	C	0.002		
16:1 t.....g	0.000		1	A	1	C	0.000		
17:1.....g	0.002		1	A	1	C	0.001		
18:1 undifferentiated.....g	1.860		0	AS	1		0.521		
18:1 c.....g	1.858		1	A	1	C	0.520		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.002		1	A	1	C	0.001		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.039		1	A	1	C	0.011		
22:1 undifferentiated.....g	0.004		0	AS	1		0.001		
22:1 c.....g	0.004		1	A	1	C	0.001		
22:1 t.....g	0.000		1	A	1	C	0.000		
24:1 c.....g	0.004		1	A	1	C	0.001		
Fatty acids, total polyunsaturated.....g	1.973		0	NC	4		0.552		
18:2 undifferentiated.....g	1.880		0	AS	1		0.526		
18:2 n-6 c,c.....g	1.874		1	A	1	C	0.525		
18:2 CLAs.....g	0.000		1	A	1	C	0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		1	A	1	C	0.002		
18:3 undifferentiated.....g	0.064		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA).....g	0.064		1	A	1	C	0.018		
18:3 n-6 c,c,c.....g	0.000		1	A	1	C	0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1	C	0.000		
20:2 n-6 c,c.....g	0.000		1	A	1	C	0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1	C	0.000		
20:3 n-6.....g	0.000		1	A	1	C	0.000		
20:4 undifferentiated.....g	0.000		1	A	1	C	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.023		1	A	1	C	0.007		
21:5.....g									
22:4.....g	0.000		1	A	1	C	0.000		
22:5 n-3 (DPA).....g	0.002		1	A	1	C	0.001		
22:6 n-3 (DHA).....g	0.000		1	A	1	C	0.000		
Fatty acids, total trans.....g	0.007		0	NC	4		0.002		

NDB No. 08013
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.002		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.157		0	A	1		0.044		
Threonine.....g	0.392		0	A	1		0.110		
Isoleucine.....g	0.402		0	A	1		0.112		
Leucine.....g	0.852		0	A	1		0.239		
Lysine.....g	0.343		0	A	1		0.096		
Methionine.....g	0.167		0	A	1		0.047		
Cystine.....g	0.196		0	A	1		0.055		
Phenylalanine.....g	0.588		0	A	1		0.165		
Tyrosine.....g	0.343		0	A	1		0.096		
Valine.....g	0.549		0	A	1		0.154		
Arginine.....g	0.764		0	A	1		0.214		
Histidine.....g	0.245		0	A	1		0.069		
Alanine.....g	0.549		0	A	1		0.154		
Aspartic acid.....g	0.921		0	A	1		0.258		
Glutamic acid.....g	2.537		0	A	1		0.710		
Glycine.....g	0.578		0	A	1		0.162		
Proline.....g	0.607		0	A	1		0.170		
Serine.....g	0.558		0	A	1		0.156		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08553

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.23		0	FLC	4		0.67		
Energy ... kcal	400		1	LC	8		120		
Energy ... kJ	1674		0	LC	8		502		
Protein (N x 6.25) ... g	6.67		1	LC	8		2.00		
Total lipid (fat) ... g	5.23		0	FLC	4		1.57		
Ash ... g	4.22		0	NC	4		1.27		
Carbohydrate, by difference ... g	81.75		0	FLC	4		24.52		
Fiber, total dietary ... g	6.7		1	LC	8		2.0		
Sugars, total ... g	33.33		1	LC	8		10.00		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	333		1	LC	8		100		
Iron, Fe ... mg	30.00		1	LC	8		9.00		
Magnesium, Mg ... mg	80		1	LC	8		24		
Phosphorus, P ... mg	267		1	LC	8		80		
Potassium, K ... mg	233		1	LC	8		70		
Sodium, Na ... mg	633		1	LC	8		190		
* Zinc, Zn ... mg	15.00		1	LC	8		4.50		
Copper, Cu ... mg	0.227		0	FLC	4		0.068		
Manganese, Mn ... mg									
Selenium, Se ... mcg	17.8		0	FLC	4		5.4		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	50.0		1	LC	8		15.0		
* Thiamin ... mg	2.500		1	LC	8		0.750		
* Riboflavin ... mg	1.700		1	LC	8		0.510		
* Niacin ... mg	20.000		1	LC	8		6.000		
Pantothenic acid ... mg	0.684		0	FLC	4		0.205		
* Vitamin B-6 ... mg	2.000		1	LC	8		0.600		
* Folate, total ... mcg	667		1	LC	8		200		
* Folic acid ... mcg	652		0	NR	4		196		
Folate, food ... mcg	15		0	FLC	4		4		
Folate, DFE ... mcg_DFE	1123		0	NC	4		337		
Choline, total ... mg	22.6		0	FLC	4		6.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	10.00		1	LC	8		3.00		
* Vitamin B-12, added ... mcg	10.00		0	NR	4		3.00		
Vitamin A, RAE ... mcg_RAE	750		0	NC	4		225		
Retinol ... mcg	750		0	NC	4		225		
Carotene, beta ... mcg	0		0	FLC	4		0		
Carotene, alpha ... mcg	0		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0		
Vitamin A, IU ... IU	2500		1	LC	8		750		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	92		0	FLC	4		27		
Vitamin E (alpha-tocopherol) ... mg	0.33		0	FLC	4		0.10		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	3.3		0	LC	8		1.0		
Vitamin D ... IU	133		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	1.7		0	FLC	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	1.667		1	LC	8		0.500		
4:0 ... g	0.001		0	FLC	4		0.000		

NDB No. 08553
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.002		0	FLC	4		0.001		
8:0 ... g	0.032		0	FLC	4		0.010		
10:0 ... g	0.040		0	FLC	4		0.012		
12:0 ... g	0.697		0	FLC	4		0.209		
13:0 ... g									
14:0 ... g	0.249		0	FLC	4		0.075		
15:0 ... g									
16:0 ... g	0.552		0	FLC	4		0.166		
17:0 ... g									
18:0 ... g	0.055		0	FLC	4		0.017		
20:0 ... g	0.000		0	FLC	4		0.000		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.667		1	LC	8		0.500		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLC	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	1.658		0	FLC	4		0.497		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.667		1	LC	8		0.500		
18:2 undifferentiated ... g	1.593		0	FLC	4		0.478		
18:3 undifferentiated ... g	0.074		0	FLC	4		0.022		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	0		0	FLC	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08513

Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.34		0	MC	9		0.66		
Energy	kcal	393		1	LC	8		110		
Energy	kJ	1644		0	NC	4		460		
Protein (N x 6.25)	g	3.57		1	LC	8		1.00		
Total lipid (fat)	g	3.57		1	LC	8		1.00		
Ash	g	2.96		0	MC	9		0.83		
Carbohydrate, by difference	g	87.56		0	NC	4		24.52		
Fiber, total dietary	g	3.6		1	LC	8		1.0		
Sugars, total	g	42.86		1	LC	8		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	357		1	LC	8		100		
Iron, Fe	mg	16.07		1	LC	8		4.50		
Magnesium, Mg	mg	29		1	LC	8		8		
Phosphorus, P	mg	143		1	LC	8		40		
Potassium, K	mg	214		1	LC	8		60		
Sodium, Na	mg	533		0	MC	9		149		
Zinc, Zn	mg	13.39		1	LC	8		3.75		
Copper, Cu	mg	0.170		0	FLC	4		0.048		
Manganese, Mn	mg	0.181		0	FLC	4		0.051		
Selenium, Se	mcg	6.8		0	FLC	4		1.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	21.4		1	LC	8		6.0		
Thiamin	mg	1.339		1	LC	8		0.375		
* Riboflavin	mg	1.518		1	LC	8		0.425		
* Niacin	mg	17.857		1	LC	8		5.000		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.786		1	LC	8		0.500		
* Folate, total	mcg	357		1	LC	8		100		
* Folic acid	mcg	350		0	NC	4		98		
Folate, food	mcg	7		0	FLC	4		2		
Folate, DFE	mcg_DFE	602		0	NC	4		169		
Choline, total	mg	7.9		0	FLC	4		2.2		
Betaine	mg									
* Vitamin B-12	mcg	5.36		1	LC	8		1.50		
* Vitamin B-12, added	mcg	5.00		0	NR	4		1.40		
Vitamin A, RAE	mcg_RAE	535		0	NC	4		150		
Retinol	mcg	535		0	NC	4		150		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
* Vitamin A, IU	IU	1786		1	LC	8		500		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	2		0	FLC	4		1		
Vitamin E (alpha-tocopherol)	mg	0.48		0	FLC	4		0.13		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.6		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	143		1	LC	8		40		
Vitamin K (phylloquinone)	mcg	1.5		0	FLC	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.551		0	FLC	4		0.154		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 08513
Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.001		0	FLC	4		0.000		
15:0....g									
16:0....g	0.348		0	FLC	4		0.097		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.177		0	FLC	4		0.049		
20:0....g	0.011		0	FLC	4		0.003		
22:0....g	0.006		0	FLC	4		0.002		
24:0....g									
Fatty acids, total monounsaturated....g	1.607		0	FLC	4		0.450		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.005		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.579		0	FLC	4		0.442		
20:1....g	0.023		0	FLC	4		0.006		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.145		0	FLC	4		0.320		
18:2 undifferentiated....g	0.966		0	FLC	4		0.271		
18:3 undifferentiated....g	0.178		0	FLC	4		0.050		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	1		0	FLC	4		0		
Theobromine....mg	44		0	FLC	4		12		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08272

Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.64	0.094	4	A	1	C	0.82		
Energy....kcal	433		0	LC	8		134		
Energy....kJ	1813		0	LC	8		562		
Protein (N x 6.25)....g	5.27	0.054	4	A	1	C	1.63		
Total lipid (fat)....g	9.38		1	MA	12	C	2.91		
Ash....g	2.99	0.014	4	A	1	C	0.93		
Carbohydrate, by difference....g	79.73		0	NC	4		24.72		
Fiber, total dietary....g	3.8	0.129	4	A	1	C	1.2		
Sugars, total....g	33.15	0.736	4	A	1	C	10.28		
Sucrose....g	24.46	0.430	4	A	1	C	7.58		
Glucose (dextrose)....g	1.42	0.079	4	A	1	C	0.44		
Fructose....g	7.26	0.339	4	A	1	C	2.25		
Lactose....g	0.00	0.000	4	A	1	C	0.00		
Maltose....g	0.00	0.000	4	A	1	C	0.00		
Galactose....g	0.00	0.000	4	A	1	C	0.00		
Starch....g	34.90	0.438	4	A	1	C	10.82		
Minerals:									
* Calcium, Ca....mg	451	14.947	4	A	1	C	140		
* Iron, Fe....mg	18.27	0.342	4	A	1	C	5.67		
Magnesium, Mg....mg	42	0.588	4	A	1	C	13		
Phosphorus, P....mg	160	3.637	4	A	1	C	50		
Potassium, K....mg	152	3.884	4	A	1	C	47		
Sodium, Na....mg	701	6.343	4	A	1	C	217		
* Zinc, Zn....mg	17.03	0.354	4	A	1	C	5.28		
Copper, Cu....mg	0.169	0.003	4	A	1	C	0.053		
Manganese, Mn....mg	1.475	0.012	4	A	1	C	0.457		
Selenium, Se....mcg	6.9	0.438	12	A	1	B	2.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	23.5	1.308	4	A	1	C	7.3		
* Thiamin....mg	2.000	0.069	4	A	1	C	0.620		
* Riboflavin....mg	2.025	0.063	4	A	1	C	0.628		
* Niacin....mg	23.825	0.884	4	A	1	C	7.386		
Pantothenic acid....mg	0.530	0.030	4	A	1	C	0.164		
* Vitamin B-6....mg	1.800	0.271	4	A	1	C	0.558		
Folate, total....mcg	376		0	NC	4		117		
* Folic acid....mcg	357	11.800	4	A	1	C	111		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	627		0	NC	4		194		
Choline, total....mg	9.4		0	FLA	4		2.9		
Betaine....mg									
* Vitamin B-12....mcg	5.25	0.328	4	A	1	C	1.63		
* Vitamin B-12, added....mcg	5.25		0	NR	4		1.63		
Vitamin A, RAE....mcg_RAE	991		0	NC	4		307		
* Retinol....mcg	989	39.324	4	A	1	C	307		
Carotene, beta....mcg	1		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	3299		0	NC	4		1023		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	55		0	FLA	4		17		
Vitamin E (alpha-tocopherol)....mg	2.01		0	FLA	4		0.62		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08272
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		41		
Vitamin K (phylloquinone)....mcg	7.8		0	FLA	4		2.4		
Lipids:									
Fatty acids, total saturated....g	1.422		0	NC	4		0.441		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1	C	0.000		
8:0....g	0.003		1	A	1	C	0.001		
10:0....g	0.012		1	A	1	C	0.004		
12:0....g	0.001		1	A	1	C	0.000		
13:0....g									
14:0....g	0.025		1	A	1	C	0.008		
15:0....g	0.002		1	A	1	C	0.001		
16:0....g	1.100		1	A	1	C	0.341		
17:0....g	0.004		1	A	1	C	0.001		
18:0....g	0.209		1	A	1	C	0.065		
20:0....g	0.047		1	A	1	C	0.015		
22:0....g	0.021		1	A	1	C	0.006		
24:0....g	0.000		1	A	1	C	0.000		
Fatty acids, total monounsaturated....g	3.211		0	NC	4		0.995		
14:1....g	0.000		1	A	1	C	0.000		
15:1....g	0.000		1	A	1	C	0.000		
16:1 undifferentiated....g	0.012		0	AS	1		0.004		
16:1 c....g	0.012		1	A	1	C	0.004		
16:1 t....g	0.000		1	A	1	C	0.000		
17:1....g	0.003		1	A	1	C	0.001		
18:1 undifferentiated....g	3.143		0	AS	1		0.974		
18:1 c....g	3.099		1	A	1	C	0.961		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.045		1	A	1	C	0.014		
18:1-11t (18:1t n-7)....g									
20:1....g	0.049		1	A	1	C	0.015		
22:1 undifferentiated....g	0.003		0	AS	1		0.001		
22:1 c....g	0.003		1	A	1	C	0.001		
22:1 t....g	0.000		1	A	1	C	0.000		
24:1 c....g	0.001		1	A	1	C	0.000		
Fatty acids, total polyunsaturated....g	3.061		0	NC	4		0.949		
18:2 undifferentiated....g	2.904		0	AS	1		0.900		
18:2 n-6 c,c....g	2.832		1	A	1	C	0.878		
18:2 CLAs....g	0.005		1	A	1	C	0.002		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.067		1	A	1	C	0.021		
18:3 undifferentiated....g	0.119		0	AS	1		0.037		
18:3 n-3 c,c,c (ALA)....g	0.119		1	A	1	C	0.037		
18:3 n-6 c,c,c....g	0.000		1	A	1	C	0.000		
18:3i....g									
18:4....g	0.000		1	A	1	C	0.000		
20:2 n-6 c,c....g	0.002		1	A	1	C	0.001		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1	C	0.000		
20:3 n-6....g	0.000		1	A	1	C	0.000		
20:4 undifferentiated....g	0.000		1	A	1	C	0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.027		1	A	1	C	0.008		
21:5....g									
22:4....g	0.000		1	A	1	C	0.000		
22:5 n-3 (DPA)....g	0.008		1	A	1	C	0.002		
22:6 n-3 (DHA)....g	0.000		1	A	1	C	0.000		
Fatty acids, total trans....g	0.111		0	NC	4		0.035		

NDB No. 08272
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.045		0	NC	4		0.014		
Fatty acids, total trans-polyenoic.....g	0.067		0	NC	4		0.021		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	A	1		0.022		
Threonine.....g	0.175		0	A	1		0.054		
Isoleucine.....g	0.185		0	A	1		0.057		
Leucine.....g	0.360		0	A	1		0.111		
Lysine.....g	0.082		0	A	1		0.025		
Methionine.....g	0.082		0	A	1		0.025		
Cystine.....g	0.092		0	A	1		0.029		
Phenylalanine.....g	0.236		0	A	1		0.073		
Tyrosine.....g	0.133		0	A	1		0.041		
Valine.....g	0.246		0	A	1		0.076		
Arginine.....g	0.288		0	A	1		0.089		
Histidine.....g	0.123		0	A	1		0.038		
Alanine.....g	0.226		0	A	1		0.070		
Aspartic acid.....g	0.370		0	A	1		0.115		
Glutamic acid.....g	1.387		0	A	1		0.430		
Glycine.....g	0.216		0	A	1		0.067		
Proline.....g	0.380		0	A	1		0.118		
Serine.....g	0.257		0	A	1		0.080		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08271

Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.80		0	MC	9		0.49		
Energy....kcal	400		0	MC	9		108		
Energy....kJ	1674		0	MC	9		452		
Protein (N x 6.25)....g	3.33		0	MC	9		0.90		
Total lipid (fat)....g	5.00		0	NR	4		1.35		
Ash....g	3.05		0	MC	9		0.82		
Carbohydrate, by difference....g	86.67		0	MC	9		23.40		
Fiber, total dietary....g	5.0		0	MC	9		1.4		
Sugars, total....g	46.67		0	MC	9		12.60		
Starch....g									
Minerals:									
* Calcium, Ca....mg	333		0	MC	9		90		
* Iron, Fe....mg	15.00		0	MC	9		4.05		
Magnesium, Mg....mg	27		0	MC	9		7		
Phosphorus, P....mg	67		0	MC	9		18		
Potassium, K....mg	200		0	MC	9		54		
Sodium, Na....mg	533		0	MC	9		144		
* Zinc, Zn....mg	12.50		0	MC	9		3.38		
Copper, Cu....mg	0.133		0	MC	9		0.036		
Manganese, Mn....mg	0.489		0	FLM	4		0.132		
Selenium, Se....mcg	6.5		0	BFZN	4		1.8		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		5.4		
* Thiamin....mg	1.250		0	MC	9		0.338		
* Riboflavin....mg	1.420		0	MC	9		0.383		
* Niacin....mg	16.670		0	MC	9		4.501		
Pantothenic acid....mg	0.174		0	FLM	4		0.047		
* Vitamin B-6....mg	1.667		0	MC	9		0.450		
* Folate, total....mcg	333		0	MC	9		90		
* Folic acid....mcg	314		0	NC	4		85		
Folate, food....mcg	19		0	NC	4		5		
Folate, DFE....mcg_DFE	553		0	NC	4		149		
Choline, total....mg	7.6		0	FLM	4		2.1		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.35		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.35		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....mcg	0		0	NC	4		0		
Carotene, beta....mcg	13		0	FLM	4		3		
Carotene, alpha....mcg	8		0	FLM	4		2		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	28		0	NC	4		7		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	184		0	FLM	4		50		
Vitamin E (alpha-tocopherol)....mg	0.78		0	FLM	4		0.21		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.7		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	3.7		0	LC	8		1.0		
Vitamin D....IU	148		0	LC	8		40		
Vitamin K (phylloquinone)....mcg	5.1		0	FLM	4		1.4		
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08271
Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLM	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLM	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	3.330		0	MC	9		0.899		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	3.193		0	FLM	4		0.862		
20:1 ... g	0.082		0	FLM	4		0.022		
22:1 undifferentiated ... g	0.029		0	FLM	4		0.008		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	MC	9		0.000		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	2		0	FLM	4		1		
Theobromine ... mg	22		0	FLM	4		6		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08017

Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69	0.65	
Energy....kcal	400		0	MC	9		120	113	
Energy....kJ	1674		0	MC	9		502	474	
Protein (N x 6.25)....g	3.33		0	MC	9		1.00	0.94	
Total lipid (fat)....g	5.00		0	NR	4		1.50	1.42	
Ash....g	3.18		0	MC	9		0.95	0.90	
Carbohydrate, by difference....g	86.67		0	MC	9		26.00	24.57	
Fiber, total dietary....g	4.0		0	MC	9		1.2	1.1	
Sugars, total....g	43.33		0	MC	9		13.00	12.28	
Starch....g									
Minerals:									
* Calcium, Ca....mg	333		0	MC	9		100	94	
* Iron, Fe....mg	15.00		0	MC	9		4.50	4.25	
Magnesium, Mg....mg	27		0	MC	9		8	8	
Phosphorus, P....mg	133		0	MC	9		40	38	
Potassium, K....mg	133		0	MC	9		40	38	
Sodium, Na....mg	567		0	MC	9		170	161	
* Zinc, Zn....mg	12.50		0	MC	9		3.75	3.54	
Copper, Cu....mg	0.115		0	FLM	4		0.035	0.033	
Manganese, Mn....mg	0.959		0	FLM	4		0.288	0.272	
Selenium, Se....mcg	7.3		0	BFZN	4		2.2	2.1	
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0	5.7	
* Thiamin....mg	1.250		0	MC	9		0.375	0.354	
* Riboflavin....mg	1.420		0	MC	9		0.426	0.403	
* Niacin....mg	16.670		0	MC	9		5.001	4.726	
Pantothenic acid....mg	0.446		0	FLM	4		0.134	0.126	
* Vitamin B-6....mg	1.667		0	MC	9		0.500	0.473	
* Folate, total....mcg	333		0	MC	9		100	94	
* Folic acid....mcg	314		0	NC	4		94	89	
Folate, food....mcg	19		0	NC	4		6	5	
Folate, DFE....mcg_DFE	553		0	NC	4		166	157	
Choline, total....mg	11.7		0	FLM	4		3.5	3.3	
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50	1.42	
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.50	1.42	
* Vitamin A, RAE....mcg_RAE	488		0	NC	4		146	138	
* Retinol....mcg	485		0	NC	4		146	138	
Carotene, beta....mcg	23		0	FLM	4		7	7	
Carotene, alpha....mcg	15		0	FLM	4		5	4	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
* Vitamin A, IU....IU	1667		0	MC	9		500	473	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	347		0	FLM	4		104	99	
Vitamin E (alpha-tocopherol)....mg	0.88		0	FLM	4		0.26	0.25	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		40	38	
Vitamin K (phylloquinone)....mcg	4.9		0	FLM	4		1.5	1.4	
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000	0.000	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08017
Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLM	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLM	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLM	4		0.000	0.000	
20:0....g	0.000		0	FLM	4		0.000	0.000	
22:0....g	0.000		0	FLM	4		0.000	0.000	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	1.670		0	MC	9		0.501	0.473	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLM	4		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	1.605		0	FLM	4		0.482	0.455	
20:1....g	0.038		0	FLM	4		0.011	0.011	
22:1 undifferentiated....g	0.013		0	FLM	4		0.004	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	MC	9		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	MC	9		0.000	0.000	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	2		0	FLM	4		1	1	
Theobromine....mg	22		0	FLM	4		7	6	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08270

Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.02		0	MC	9		0.55		
Energy ... kcal	400		0	MC	9		108		
Energy ... kJ	1674		0	MC	9		452		
Protein (N x 6.25) ... g	3.33		0	MC	9		0.90		
Total lipid (fat) ... g	3.30		0	NR	4		0.89		
Ash ... g	2.98		0	MC	9		0.80		
Carbohydrate, by difference ... g	88.37		0	NC	4		23.86		
Fiber, total dietary ... g	4.0		0	MC	9		1.1		
Sugars, total ... g	43.33		0	MC	9		11.70		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	333		0	MC	9		90		
* Iron, Fe ... mg	15.00		0	MC	9		4.05		
Magnesium, Mg ... mg	31		0	MC	9		8		
Phosphorus, P ... mg	67		0	MC	9		18		
Potassium, K ... mg	183		0	MC	9		49		
Sodium, Na ... mg	633		0	MC	9		171		
Zinc, Zn ... mg	12.50		0	MC	9		3.38		
Copper, Cu ... mg	0.133		0	MC	9		0.036		
Manganese, Mn ... mg	0.977		0	FLM	4		0.264		
Selenium, Se ... mcg	6.5		0	BFZN	4		1.8		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		5.4		
* Thiamin ... mg	1.250		0	MC	9		0.338		
* Riboflavin ... mg	1.420		0	MC	9		0.383		
* Niacin ... mg	16.670		0	MC	9		4.501		
Pantothenic acid ... mg	0.454		0	FLM	4		0.122		
* Vitamin B-6 ... mg	1.667		0	MC	9		0.450		
* Folate, total ... mcg	333		0	MC	9		90		
* Folic acid ... mcg	314		0	NC	4		85		
Folate, food ... mcg	19		0	CAAN	4		5		
Folate, DFE ... mcg_DFE	553		0	NC	4		149		
Choline, total ... mg	13.0		0	FLM	4		3.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.35		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.35		
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	22		0	FLM	4		6		
Carotene, alpha ... mcg	15		0	FLM	4		4		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	50		0	NC	4		13		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	336		0	FLM	4		91		
Vitamin E (alpha-tocopherol) ... mg	0.59		0	FLM	4		0.16		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.7		0	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	3.7		0	LC	8		1.0		
Vitamin D ... IU	148		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	2.8		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated ... g	0.692		0	NC	4		0.187		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08270
Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.001		0	FLA	4		0.000		
13:0....g									
14:0....g	0.004		0	FLA	4		0.001		
15:0....g									
16:0....g	0.458		0	FLA	4		0.124		
17:0....g									
18:0....g	0.230		0	FLA	4		0.062		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.633		0	NC	4		0.441		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	FLA	4		0.005		
17:1....g									
18:1 undifferentiated....g	1.615		0	FLM	4		0.436		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.703		0	NC	4		0.190		
18:2 undifferentiated....g	0.661		0	FLA	4		0.179		
18:3 undifferentiated....g	0.042		0	FLA	4		0.011		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	3		0	FLM	4		1		
Theobromine....mg	95		0	FLM	4		26		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08139

Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.63		1	MA	12		0.79		
Energy....kcal	378		0	MC	9		113		
Energy....kJ	1582		0	MC	9		474		
Protein (N x 6.25)....g	5.00		1	MA	12		1.50		
Total lipid (fat)....g	2.80		0	NR	4		0.84		
Ash....g	3.21		1	MA	12		0.96		
Carbohydrate, by difference....g	86.00		0	MC	9		25.80		
Fiber, total dietary....g	3.2		1	MA	12		1.0		
Sugars, total....g	38.00		1	MA	12		11.40		
Starch....g									
Minerals:									
* Calcium, Ca....mg	333		0	MC	9		100		
* Iron, Fe....mg	15.00		0	MC	9		4.50		
Magnesium, Mg....mg	27		0	MC	9		8		
Phosphorus, P....mg	67		0	MC	9		20		
Potassium, K....mg	147		1	MA	12		44		
Sodium, Na....mg	789		1	MA	12		237		
* Zinc, Zn....mg	12.50		0	MC	9		3.75		
Copper, Cu....mg	0.087		0	MC	9		0.026		
Manganese, Mn....mg	0.000		0	MC	9		0.000		
Selenium, Se....mcg	4.4		0	FLC	4		1.3		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0		
* Thiamin....mg	1.250		0	MC	9		0.375		
* Riboflavin....mg	1.420		0	MC	9		0.426		
* Niacin....mg	16.700		0	MC	9		5.010		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
* Vitamin B-6....mg	1.670		0	MC	9		0.501		
* Folate, total....mcg	333		0	MC	9		100		
Folic acid....mcg	314		0	NC	4		94		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	553		0	NC	4		166		
Choline, total....mg	14.0		0	CAAN	4		4.2		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	501		0	NC	4		150		
Retinol....mcg	501		0	NC	4		150		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	1667		0	MC	9		500		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	FLA	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.8		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.500		1	MA	12		0.150		
4:0....g	0.001		0	FLA	4		0.000		

NDB No. 08139
Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.002		0	FLA	4		0.001		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.001		0	FLA	4		0.000		
13:0....g									
14:0....g	0.005		0	FLA	4		0.001		
15:0....g									
16:0....g	0.351		0	FLA	4		0.105		
17:0....g									
18:0....g	0.133		0	FLA	4		0.040		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.012		0	FLA	4		0.303		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLA	4		0.003		
17:1....g									
18:1 undifferentiated....g	1.000		0	FLA	4		0.300		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.040		0	FLA	4		0.312		
18:2 undifferentiated....g	0.980		0	FLA	4		0.294		
18:3 undifferentiated....g	0.060		0	FLA	4		0.018		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08579

Cereals ready-to-eat, GENERAL MILLS, Cinnamon Toast Crunch, reduced sugar

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.64		0	BFZN	4				
Energy....kcal	367		1	LC	8				
Energy....kJ	1536		1	LC	8				
Protein (N x 6.25)....g	6.67		1	LC	8				
Total lipid (fat)....g	8.33		1	LC	8				
Ash....g	5.70		0	NR	4				
Carbohydrate, by difference....g	76.67		1	LC	8				
Fiber, total dietary....g	10.0		1	LC	8				
Sugars, total....g	6.67		1	LC	8				
Starch....g									
Minerals:									
Calcium, Ca....mg	1667		1	LC	8				
Iron, Fe....mg	27.00		1	LC	8				
Magnesium, Mg....mg	27		1	LC	8				
Phosphorus, P....mg	133		1	LC	8				
Potassium, K....mg	200		1	LC	8				
Sodium, Na....mg	567		1	LC	8				
Zinc, Zn....mg	12.50		1	LC	8				
Copper, Cu....mg	0.294		0	FLC	4				
Manganese, Mn....mg	3.124		0	FLC	4				
Selenium, Se....mcg	6.9		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		1	LC	8				
Thiamin....mg	1.250		1	LC	8				
Riboflavin....mg	1.417		1	LC	8				
Niacin....mg	16.667		1	LC	8				
Pantothenic acid....mg	0.792		0	FLC	4				
Vitamin B-6....mg	1.667		1	LC	8				
Folate, total....mcg	667		1	LC	8				
* Folic acid....mcg	648		0	NC	4				
Folate, food....mcg	19		0	BFZN	4				
Folate, DFE....mcg_DFE	1120		0	NC	4				
Choline, total....mg	9.4		0	BFZN	4				
Betaine....mg									
* Vitamin B-12....mcg	5.00		1	LC	8				
* Vitamin B-12, added....mcg	1.79		0	NR	4				
Vitamin A, RAE....mcg_RAE	499		0	NC	4				
Retinol....mcg	498		0	NR	4				
Carotene, beta....mcg	5		0	FLC	4				
Carotene, alpha....mcg	0		0	FLC	4				
Cryptoxanthin, beta....mcg	2		0	FLC	4				
Vitamin A, IU....IU	1667		1	LC	8				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	149		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	1.79		0	FLC	4				
Vitamin E, added....mg	0.00		0	FLC	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	LC	8				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	133		1	LC	8				
Vitamin K (phylloquinone)....mcg	8.8		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	1.258		0	NC	4				
4:0....g	0.000		0	BFFN	4				

NDB No. 08579

Cereals ready-to-eat, GENERAL MILLS, Cinnamon Toast Crunch, reduced sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.002		0	BFFN	4				
10:0 ... g	0.010		0	BFFN	4				
12:0 ... g	0.001		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.022		0	BFFN	4				
15:0 ... g									
16:0 ... g	0.977		0	BFFN	4				
17:0 ... g									
18:0 ... g	0.185		0	BFFN	4				
20:0 ... g	0.042		0	BFFN	4				
22:0 ... g	0.018		0	BFFN	4				
24:0 ... g	0.000		0	BFFN	4				
Fatty acids, total monounsaturated ... g	2.850		0	NC	4				
14:1 ... g	0.000		0	BFFN	4				
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	2.792		0	BFFN	4				
20:1 ... g	0.043		0	BFFN	4				
22:1 undifferentiated ... g	0.002		0	BFFN	4				
24:1 c ... g	0.001		0	BFFN	4				
Fatty acids, total polyunsaturated ... g	2.719		0	NC	4				
18:2 undifferentiated ... g	2.580		0	BFFN	4				
18:3 undifferentiated ... g	0.106		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g	0.002		0	BFFN	4				
20:3 undifferentiated ... g	0.000		0	BFFN	4				
20:4 undifferentiated ... g	0.000		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.024		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.007		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g	0.000		1	LC	8				
Cholesterol ... mg	0		1	LC	8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	0		0	FLC	4				
Theobromine ... mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08019

Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.78		
Energy ... kcal	367		0	MC	9		114		
Energy ... kJ	1534		0	MC	9		476		
Protein (N x 6.25) ... g	6.67		0	MC	9		2.07		
Total lipid (fat) ... g	1.67		0	NR	4		0.52		
Ash ... g	4.10		0	MC	9		1.27		
Carbohydrate, by difference ... g	85.06		0	NC	4		26.37		
Fiber, total dietary ... g	4.0		0	MC	9		1.2		
Sugars, total ... g	10.00		0	MC	9		3.10		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	333		0	MC	9		103		
* Iron, Fe ... mg	30.00		0	MC	9		9.30		
Magnesium, Mg ... mg	50		0	FLM	4		16		
Phosphorus, P ... mg	72		0	MC	9		22		
Potassium, K ... mg	150		0	MC	9		47		
Sodium, Na ... mg	933		0	MC	9		289		
* Zinc, Zn ... mg	12.50		0	MC	9		3.88		
Copper, Cu ... mg	0.123		0	FLM	4		0.038		
Manganese, Mn ... mg	0.187		0	FLM	4		0.058		
Selenium, Se ... mcg	9.7		0	FLM	4		3.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.2		
* Thiamin ... mg	1.250		0	MC	9		0.388		
* Riboflavin ... mg	1.420		0	MC	9		0.440		
* Niacin ... mg	16.670		0	MC	9		5.168		
Pantothenic acid ... mg	0.373		0	FLM	4		0.116		
* Vitamin B-6 ... mg	1.667		0	MC	9		0.517		
Folate, total ... mcg	667		0	MC	9		207		
* Folic acid ... mcg	648		0	NC	4		201		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1120		0	NC	4		347		
Choline, total ... mg	12.0		0	FLM	4		3.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.55		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.55		
Vitamin A, RAE ... mcg_RAE	455		0	NC	4		141		
Retinol ... mcg	446		0	NC	4		138		
Carotene, beta ... mcg	82		0	FLM	4		26		
Carotene, alpha ... mcg	54		0	FLM	4		17		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1667		0	MC	9		517		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	1154		0	FLM	4		358		
Vitamin E (alpha-tocopherol) ... mg	0.25		0	FLM	4		0.08		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	133		0	MC	9		41		
Vitamin K (phylloquinone) ... mcg	0.4		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.381		0	NC	4		0.118		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08019
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0	FLA	4		0.000		
8:0 ....g	0.000		0	FLA	4		0.000		
10:0 ....g	0.000		0	FLA	4		0.000		
12:0 ....g	0.001		0	FLA	4		0.000		
13:0 ....g									
14:0 ....g	0.002		0	FLA	4		0.001		
15:0 ....g									
16:0 ....g	0.282		0	FLA	4		0.087		
17:0 ....g									
18:0 ....g	0.096		0	FLA	4		0.030		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.381		0	NC	4		0.118		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.004		0	FLA	4		0.001		
17:1 ....g									
18:1 undifferentiated ....g	0.377		0	FLA	4		0.117		
20:1 ....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ....g	0.000		0	FLA	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.657		0	NC	4		0.204		
18:2 undifferentiated ....g	0.624		0	FLA	4		0.193		
18:3 undifferentiated ....g	0.033		0	FLA	4		0.010		
18:4 ....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ....g	0.000		0	MC	9		0.000		
Cholesterol ....mg	0		0	MC	9		0		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	FLM	4		0.0		
Caffeine ....mg	0		0	FLM	4		0		
Theobromine ....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08269

Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30		0	MC	9		0.69		
Energy	kcal	367		0	MC	9		110		
Energy	kJ	1534		0	MC	9		460		
Protein (N x 6.25)	g	6.67		0	MC	9		2.00		
Total lipid (fat)	g	1.67		0	NR	4		0.50		
Ash	g	5.27		0	MC	9		1.58		
Carbohydrate, by difference	g	84.09		0	NC	4		25.23		
Fiber, total dietary	g	4.0		0	MC	9		1.2		
Sugars, total	g	6.67		0	MC	9		2.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	833		0	MC	9		250		
Iron, Fe	mg	28.00		0	MC	9		8.40		
Magnesium, Mg	mg	24		3	MA	12		7		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	167		0	MC	9		50		
Sodium, Na	mg	900		0	MC	9		270		
Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.100		3	MA	12		0.030		
Manganese, Mn	mg	0.104		0	FLM	4		0.031		
Selenium, Se	mcg	5.1		0	BFZN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg									
Vitamin B-6	mg	1.667		0	MC	9		0.500		
Folate, total	mcg	667		0	MC	9		200		
* Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	BFZN	4		6		
Folate, DFE	mcg_DFE	1120		0	NC	4		336		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, RAE	mcg_RAE	455		0	BFZN	4		136		
Retinol	mcg	446		0	BFZN	4		134		
Carotene, beta	mcg	82		0	BFZN	4		25		
Carotene, alpha	mcg	54		0	BFZN	4		16		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	1667		0	MC	9		500		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	1154		0	BFZN	4		346		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	133		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.517		0	NC	4		0.155		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		

NDB No. 08269

Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.002		0	FLA	4		0.001		
13:0 ... g									
14:0 ... g	0.002		0	FLA	4		0.001		
15:0 ... g									
16:0 ... g	0.451		0	FLA	4		0.135		
17:0 ... g									
18:0 ... g	0.061		0	FLA	4		0.018		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.332		0	NC	4		0.100		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLA	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.328		0	FLA	4		0.098		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.571		0	NC	4		0.171		
18:2 undifferentiated ... g	0.555		0	FLA	4		0.167		
18:3 undifferentiated ... g	0.016		0	FLA	4		0.005		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08581

Cereals ready-to-eat, GENERAL MILLS, Curves Fruit & Nut Crunch cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	BFZN	4				
Energy....kcal	347		1	LC	8				
Energy....kJ	1452		1	LC	8				
Protein (N x 6.25)....g	6.12		1	LC	8				
Total lipid (fat)....g	3.06		1	LC	8				
Ash....g	2.38		0	FLC	4				
Carbohydrate, by difference....g	85.44		0	NC	4				
Fiber, total dietary....g	10.2		1	LC	8				
Sugars, total....g	20.41		1	LC	8				
Starch....g									
Minerals:									
* Calcium, Ca....mg	204		1	LC	8				
* Iron, Fe....mg	12.86		1	LC	8				
Magnesium, Mg....mg	65		1	LC	8				
Phosphorus, P....mg	204		1	LC	8				
Potassium, K....mg	306		1	LC	8				
Sodium, Na....mg	490		1	LC	8				
Zinc, Zn....mg	10.71		1	LC	8				
Copper, Cu....mg	0.259		0	FLC	4				
Manganese, Mn....mg	1.872		0	FLC	4				
Selenium, Se....mcg	14.3		0	BFPN	4				
Vitamins:									
* Vitamin C, total ascorbic acid....mg	12.2		1	LC	8				
* Thiamin....mg	1.071		1	LC	8				
* Riboflavin....mg	1.214		1	LC	8				
* Niacin....mg	14.286		1	LC	8				
Pantothenic acid....mg	0.709		0	FLC	4				
* Vitamin B-6....mg	1.429		1	LC	8				
* Folate, total....mcg	286		1	LC	8				
* Folic acid....mcg	271		0	NR	4				
Folate, food....mcg	14		0	FLC	4				
Folate, DFE....mcg_DFE	476		0	NC	4				
Choline, total....mg	16.5		0	FLC	4				
Betaine....mg									
* Vitamin B-12....mcg	4.29		1	LC	8				
* Vitamin B-12, added....mcg	4.28		0	NR	4				
Vitamin A, RAE....mcg_RAE	304		0	NC	4				
Retinol....mcg	304		0	NR	4				
Carotene, beta....mcg	4		0	FLC	4				
Carotene, alpha....mcg	1		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
* Vitamin A, IU....IU	1020		1	LC	8				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	151		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	1.43		0	FLC	4				
Vitamin E, added....mg	0.00		0	FLC	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.0		0	LC	8				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	82		1	LC	8				
Vitamin K (phylloquinone)....mcg	1.0		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	0.389		0	FLC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 08581

Cereals ready-to-eat, GENERAL MILLS, Curves Fruit & Nut Crunch cereal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4				
8:0....g	0.006		0	FLC	4				
10:0....g	0.000		0	FLC	4				
12:0....g	0.000		0	FLC	4				
13:0....g	0.000		0	FLC	4				
14:0....g	0.004		0	FLC	4				
15:0....g									
16:0....g	0.330		0	FLC	4				
17:0....g									
18:0....g	0.041		0	FLC	4				
20:0....g	0.001		0	FLC	4				
22:0....g	0.000		0	FLC	4				
24:0....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated....g	1.411		0	FLC	4				
14:1....g	0.000		0	FLC	4				
15:1....g									
16:1 undifferentiated....g	0.017		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	1.392		0	FLC	4				
20:1....g	0.000		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated....g	1.020		1	LC	8				
18:2 undifferentiated....g	0.838		0	FLC	4				
18:3 undifferentiated....g	0.037		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g	0.000		0	FLC	4				
20:3 undifferentiated....g	0.000		0	FLC	4				
20:4 undifferentiated....g	0.001		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g	0.000		1	LC	8				
Cholesterol....mg	0		1	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08582
Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.79		0	BFZN	4		0.75		
Energy....kcal	370		1	LC	8		100		
Energy....kJ	1548		1	LC	8		418		
Protein....g	3.70		1	LC	8		1.00		
Total lipid (fat)....g	5.56		1	LC	8		1.50		
Ash....g	2.97		0	FLC	4		0.80		
Carbohydrate, by difference....g	84.97		0	NC	4		22.94		
Fiber, total dietary....g	11.1		1	LC	8		3.0		
Sugars, total....g	22.22		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	370		1	LC	8		100		
Iron, Fe....mg	30.00		1	LC	8		8.10		
Magnesium, Mg....mg	30		1	LC	8		8		
Phosphorus, P....mg	148		1	LC	8		40		
Potassium, K....mg	167		1	LC	8		45		
Sodium, Na....mg	667		1	LC	8		180		
Zinc, Zn....mg	13.89		1	LC	8		3.75		
Copper, Cu....mg	0.114		0	FLC	4		0.031		
Manganese, Mn....mg	0.430		0	FLC	4		0.116		
Selenium, Se....mcg	8.5		0	BFZN	4		2.3		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	22.2		1	LC	8		6.0		
* Thiamin....mg	1.389		1	LC	8		0.375		
* Riboflavin....mg	1.574		1	LC	8		0.425		
* Niacin....mg	18.519		1	LC	8		5.000		
Pantothenic acid....mg	0.307		0	FLC	4		0.083		
* Vitamin B-6....mg	1.852		1	LC	8		0.500		
* Folate, total....mcg	741		1	LC	8		200		
* Folic acid....mcg	721		0	NR	4		195		
Folate, food....mcg	19		0	BFZN	4		5		
Folate, DFE....mcg_DFE	1245		0	NC	4		336		
Choline, total....mg	10.2		0	FLC	4		2.8		
Betaine....mg									
* Vitamin B-12....mcg	5.56		1	LC	8		1.50		
* Vitamin B-12, added....mcg	5.55		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	552		0	NC	4		149		
Retinol....mcg	551		0	NR	4		149		
Carotene, beta....mcg	5		0	FLC	4		1		
Carotene, alpha....mcg	2		0	FLC	4		1		
Cryptoxanthin, beta....mcg	2		0	FLC	4		1		
Vitamin A, IU....IU	1852		1	LC	8		500		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	143		0	FLC	4		39		
Vitamin E (alpha-tocopherol)....mg	0.97		0	FLC	4		0.26		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.7		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	148		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	3.6		0	FLC	4		1.0		
Lipids:									
Fatty acids, total saturated....g	0.495		0	FLC	4		0.134		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08582
Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.336		0	FLC	4		0.091		
17:0....g									
18:0....g	0.110		0	FLC	4		0.030		
20:0....g	0.028		0	FLC	4		0.007		
22:0....g	0.013		0	FLC	4		0.004		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	2.938		0	FLC	4		0.793		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	2.874		0	FLC	4		0.776		
20:1....g	0.054		0	FLC	4		0.015		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	1.790		0	FLC	4		0.483		
18:2 undifferentiated....g	1.399		0	FLC	4		0.378		
18:3 undifferentiated....g	0.392		0	FLC	4		0.106		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08244

Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.19		0	MC	9		0.96		
Energy....kcal	200		0	MC	9		60		
Energy....kJ	837		0	MC	9		251		
Protein (N x 6.25)....g	6.67		0	MC	9		2.00		
Total lipid (fat)....g	3.33		0	NR	4		1.00		
Ash....g	3.80		0	MC	9		1.14		
Carbohydrate, by difference....g	83.33		0	MC	9		25.00		
Fiber, total dietary....g	47.3		0	MC	9		14.2		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	333		0	MC	9		100		
* Iron, Fe....mg	15.00		0	MC	9		4.50		
Magnesium, Mg....mg	133		0	MC	9		40		
Phosphorus, P....mg	500		0	MC	9		150		
Potassium, K....mg	600		0	MC	9		180		
Sodium, Na....mg	350		0	MC	9		105		
* Zinc, Zn....mg	12.50		0	MC	9		3.75		
Copper, Cu....mg	0.314		0	FLM	4		0.094		
Manganese, Mn....mg	1.958		0	FLM	4		0.587		
Selenium, Se....mcg	9.0		0	BFZN	4		2.7		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0		
* Thiamin....mg	1.250		0	MC	9		0.375		
* Riboflavin....mg	1.420		0	MC	9		0.426		
* Niacin....mg	16.670		0	MC	9		5.001		
Pantothenic acid....mg	0.816		0	FLM	4		0.245		
* Vitamin B-6....mg	1.667		0	MC	9		0.500		
* Folate, total....mcg	333		0	MC	9		100		
* Folic acid....mcg	314		0	NC	4		94		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	553		0	NC	4		166		
Choline, total....mg	24.0		0	FLM	4		7.2		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	19		0	FLM	4		6		
Carotene, alpha....mcg	10		0	FLM	4		3		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	40		0	NC	4		12		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	782		0	FLM	4		235		
Vitamin E (alpha-tocopherol)....mg	0.91		0	FLM	4		0.27		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.8		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.379		0	NC	4		0.114		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08244
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.349		0	FLM	4		0.105		
17:0....g									
18:0....g	0.025		0	FLM	4		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.440		0	NC	4		0.132		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.429		0	FLM	4		0.129		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.366		0	NC	4		0.410		
18:2 undifferentiated....g	1.266		0	FLM	4		0.380		
18:3 undifferentiated....g	0.098		0	FLM	4		0.029		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08268
Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.02		0	MC	9		0.67		
Energy ... kcal	400		0	MC	9		132		
Energy ... kJ	1674		0	MC	9		552		
Protein (N x 6.25) ... g	3.33		0	MC	9		1.10		
Total lipid (fat) ... g	3.33		0	NR	4		1.10		
Ash ... g	2.44		0	MC	9		0.81		
Carbohydrate, by difference ... g	88.88		0	NC	4		29.33		
Fiber, total dietary ... g	0.9		0	MC	9		0.3		
Sugars, total ... g	46.67		0	MC	9		15.40		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	67		0	MC	9		22		
* Iron, Fe ... mg	15.00		0	MC	9		4.95		
Magnesium, Mg ... mg	9		0	MC	9		3		
Phosphorus, P ... mg	67		0	MC	9		22		
Potassium, K ... mg	117		0	MC	9		39		
Sodium, Na ... mg	633		0	MC	9		209		
* Zinc, Zn ... mg	12.50		0	MC	9		4.13		
Copper, Cu ... mg	0.069		0	FLM	4		0.023		
Manganese, Mn ... mg	0.073		0	FLM	4		0.024		
Selenium, Se ... mcg	19.8		0	BFZN	4		6.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.6		
* Thiamin ... mg	1.250		0	MC	9		0.413		
* Riboflavin ... mg	1.420		0	MC	9		0.469		
* Niacin ... mg	16.670		0	MC	9		5.501		
Pantothenic acid ... mg	0.116		0	FLM	4		0.038		
* Vitamin B-6 ... mg	1.667		0	MC	9		0.550		
* Folate, total ... mcg	333		0	MC	9		110		
* Folic acid ... mcg	314		0	NC	4		104		
Folate, food ... mcg	19		0	NC	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		183		
Choline, total ... mg	3.2		0	FLM	4		1.1		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.65		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.65		
Vitamin A, RAE ... mcg_RAE	3		0	NC	4		1		
Retinol ... mcg	0		0	FLM	4		0		
Carotene, beta ... mcg	27		0	FLM	4		9		
Carotene, alpha ... mcg	17		0	FLM	4		6		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	59		0	NC	4		19		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	372		0	FLM	4		123		
Vitamin E (alpha-tocopherol) ... mg	0.72		0	FLM	4		0.24		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.0		0	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	3.0		0	LC	8		1.0		
Vitamin D ... IU	121		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	4.9		0	FLM	4		1.6		
Lipids:									
Fatty acids, total saturated ... g	0.500		0	FLM	4		0.165		

NDB No. 08268
Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	FLM	4		0.000		
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.000		0	FLM	4		0.000		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.000		0	FLM	4		0.000		
13:0 g									
14:0 g	0.001		0	FLM	4		0.000		
15:0 g									
16:0 g	0.310		0	FLM	4		0.102		
17:0 g									
18:0 g	0.114		0	FLM	4		0.038		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.670		0	MC	9		0.551		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0	FLM	4		0.002		
17:1 g									
18:1 undifferentiated g	1.594		0	FLM	4		0.526		
20:1 g	0.045		0	FLM	4		0.015		
22:1 undifferentiated g	0.016		0	FLM	4		0.005		
24:1 c g									
Fatty acids, total polyunsaturated g	0.850		0	FLM	4		0.281		
18:2 undifferentiated g	0.623		0	FLM	4		0.206		
18:3 undifferentiated g	0.227		0	FLM	4		0.075		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g	0.000		0	MC	9		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08267

Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		0.62		
Energy	kcal	393		0	MC	9		110		
Energy	kJ	1644		0	MC	9		460		
Protein (N x 6.25)	g	7.14		0	MC	9		2.00		
Total lipid (fat)	g	3.57		0	NR	4		1.00		
Ash	g	3.84		0	MC	9		1.08		
Carbohydrate, by difference	g	83.25		0	NC	4		23.31		
Fiber, total dietary	g	4.3		0	MC	9		1.2		
Sugars, total	g	42.86		0	MC	9		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	357		0	MC	9		100		
* Iron, Fe	mg	16.07		0	MC	9		4.50		
Magnesium, Mg	mg	57		0	MC	9		16		
Phosphorus, P	mg	214		0	MC	9		60		
Potassium, K	mg	196		0	MC	9		55		
Sodium, Na	mg	714		0	MC	9		200		
* Zinc, Zn	mg	13.39		0	MC	9		3.75		
Copper, Cu	mg	0.162		0	FLM	4		0.045		
Manganese, Mn	mg	1.409		0	FLM	4		0.395		
Selenium, Se	mcg	15.6		0	FLM	4		4.4		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	21.4		0	MC	9		6.0		
* Thiamin	mg	1.340		0	MC	9		0.375		
* Riboflavin	mg	1.520		0	MC	9		0.426		
Niacin	mg	17.860		0	MC	9		5.001		
Pantothenic acid	mg	0.532		0	FLM	4		0.149		
Vitamin B-6	mg	1.786		0	MC	9		0.500		
* Folate, total	mcg	714		0	MC	9		200		
* Folic acid	mcg	695		0	NC	4		195		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	1201		0	NC	4		336		
Choline, total	mg	21.0		0	FLM	4		5.9		
Betaine	mg									
* Vitamin B-12	mcg	5.36		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.36		0	NR	4		1.50		
* Vitamin A, RAE	mcg_RAE	536		0	NC	4		150		
* Retinol	mcg	525		0	NC	4		147		
Carotene, beta	mcg	17		0	FLM	4		5		
Carotene, alpha	mcg	11		0	FLM	4		3		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
* Vitamin A, IU	IU	1786		0	MC	9		500		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	297		0	FLM	4		83		
Vitamin E (alpha-tocopherol)	mg	0.44		0	FLM	4		0.12		
Vitamin E, added	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.6		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	143		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.528		0	FLM	4		0.148		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08267
Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.007		0	FLM	4		0.002		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.435		0	FLM	4		0.122		
17:0....g									
18:0....g	0.043		0	FLM	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.232		0	FLM	4		0.345		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.211		0	FLM	4		0.339		
20:1....g	0.010		0	FLM	4		0.003		
22:1 undifferentiated....g	0.004		0	FLM	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.296		0	FLM	4		0.363		
18:2 undifferentiated....g	1.195		0	FLM	4		0.335		
18:3 undifferentiated....g	0.101		0	FLM	4		0.028		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08086
Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.05		0	MC	9		0.64		
Energy ... kcal	438		0	MC	9		136		
Energy ... kJ	1831		0	MC	9		567		
Protein (N x 6.25) ... g	6.25		0	MC	9		1.94		
Total lipid (fat) ... g	10.94		0	NR	4		3.39		
Ash ... g	3.21		0	MC	9		1.00		
Carbohydrate, by difference ... g	77.55		0	NC	4		24.04		
Fiber, total dietary ... g	3.1		0	MC	9		1.0		
Sugars, total ... g	34.38		0	MC	9		10.66		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	313		0	MC	9		97		
* Iron, Fe ... mg	14.06		0	MC	9		4.36		
Magnesium, Mg ... mg	25		0	MC	9		8		
Phosphorus, P ... mg	125		0	MC	9		39		
Potassium, K ... mg	141		0	MC	9		44		
Sodium, Na ... mg	719		0	MC	9		223		
* Zinc, Zn ... mg	11.72		0	MC	9		3.63		
Copper, Cu ... mg	0.046		0	FLM	4		0.014		
Manganese, Mn ... mg	0.082		0	FLM	4		0.025		
Selenium, Se ... mcg	3.9		0	FLA	4		1.2		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	18.8		0	MC	9		5.8		
* Thiamin ... mg	1.170		0	MC	9		0.363		
* Riboflavin ... mg	1.330		0	MC	9		0.412		
* Niacin ... mg	15.630		0	MC	9		4.845		
Pantothenic acid ... mg	0.152		0	FLM	4		0.047		
* Vitamin B-6 ... mg	1.563		0	MC	9		0.484		
* Folate, total ... mcg	313		0	MC	9		97		
* Folic acid ... mcg	294		0	NC	4		91		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	518		0	NC	4		161		
Choline, total ... mg	3.0		0	BFZN	4		0.9		
Betaine ... mg									
* Vitamin B-12 ... mcg	4.69		0	MC	9		1.45		
* Vitamin B-12, added ... mcg	4.69		0	NR	4		1.45		
* Vitamin A, RAE ... mcg_RAE	446		0	NC	4		138		
* Retinol ... mcg	442		0	NC	4		137		
Carotene, beta ... mcg	42		0	FLM	4		13		
Carotene, alpha ... mcg	27		0	FLM	4		8		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1563		0	MC	9		484		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	583		0	FLM	4		181		
Vitamin E (alpha-tocopherol) ... mg	1.92		0	FLM	4		0.59		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.1		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	125		0	MC	9		39		
Vitamin K (phylloquinone) ... mcg	13.3		0	FLM	4		4.1		
Lipids:									
Fatty acids, total saturated ... g	0.592		0	FLA	4		0.184		

NDB No. 08086
Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.004		0	FLA	4		0.001		
15:0 ... g									
16:0 ... g	0.419		0	FLA	4		0.130		
17:0 ... g									
18:0 ... g	0.169		0	FLA	4		0.052		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.810		0	MC	9		2.421		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.029		0	FLM	4		0.009		
17:1 ... g									
18:1 undifferentiated ... g	7.447		0	FLM	4		2.309		
20:1 ... g	0.219		0	FLM	4		0.068		
22:1 undifferentiated ... g	0.077		0	FLM	4		0.024		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.560		0	MC	9		0.484		
18:2 undifferentiated ... g	1.113		0	FLM	4		0.345		
18:3 undifferentiated ... g	0.447		0	FLM	4		0.139		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08514

Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.66		
Energy....kcal	367		0	MC	9		110		
Energy....kJ	1534		0	MC	9		460		
Protein (N x 6.25)....g	3.65		0	FLM	4		1.10		
Total lipid (fat)....g	1.67		0	NR	4		0.50		
Ash....g	3.22		0	MC	9		0.97		
Carbohydrate, by difference....g	89.26		0	NC	4		26.78		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	33.33		0	MC	9		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	333		0	MC	9		100		
Iron, Fe....mg	30.00		0	MC	9		9.00		
Magnesium, Mg....mg	37		0	FLM	4		11		
Phosphorus, P....mg	94		0	FLM	4		28		
Potassium, K....mg	100		0	MC	9		30		
Sodium, Na....mg	600		0	MC	9		180		
Zinc, Zn....mg	12.50		0	MC	9		3.75		
Copper, Cu....mg	0.091		0	FLM	4		0.027		
Manganese, Mn....mg	0.885		0	FLM	4		0.266		
Selenium, Se....mcg	9.2		0	FLM	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0		
Thiamin....mg	1.250		0	MC	9		0.375		
Riboflavin....mg	1.420		0	MC	9		0.426		
Niacin....mg	16.670		0	MC	9		5.001		
Pantothenic acid....mg	0.443		0	FLM	4		0.133		
Vitamin B-6....mg	1.667		0	MC	9		0.500		
Folate, total....mcg	667		0	MC	9		200		
* Folic acid....mcg	660		0	NR	4		198		
Folate, food....mcg	6		0	FLM	4		2		
Folate, DFE....mcg_DFE	1129		0	NC	4		339		
Choline, total....mg	7.7		0	FLM	4		2.3		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	501		0	NC	4		150		
Retinol....mcg	501		0	NR	4		150		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	1667		0	MC	9		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.25		0	FLM	4		0.08		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	133		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.3		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.317		0	FLM	4		0.095		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08514
Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.006		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.272		0	FLM	4		0.081		
17:0 ... g									
18:0 ... g	0.030		0	FLM	4		0.009		
20:0 ... g	0.001		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	0.503		0	FLM	4		0.151		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.497		0	FLM	4		0.149		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.001		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	0.589		0	FLM	4		0.177		
18:2 undifferentiated ... g	0.554		0	FLM	4		0.166		
18:3 undifferentiated ... g	0.035		0	FLM	4		0.011		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	FLM	4		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08583
Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.55		0	FLC	4		0.69		
Energy....kcal	370		1	LC	8		100		
Energy....kJ	1548		1	LC	8		418		
Protein....g	5.81		0	FLC	4		1.57		
Total lipid (fat)....g	3.90		0	FLC	4		1.05		
Ash....g	2.13		0	FLC	4		0.58		
Carbohydrate, by difference....g	85.60		0	FLC	4		23.11		
Fiber, total dietary....g	6.0		0	FLC	4		1.6		
Sugars, total....g	33.33		1	LC	8		9.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	370		1	LC	8		100		
* Iron, Fe....mg	16.67		1	LC	8		4.50		
Magnesium, Mg....mg	83		0	FLC	4		22		
Phosphorus, P....mg	148		1	LC	8		40		
Potassium, K....mg	185		1	LC	8		50		
Sodium, Na....mg	500		1	LC	8		135		
* Zinc, Zn....mg	13.89		1	LC	8		3.75		
Copper, Cu....mg	0.151		0	FLC	4		0.041		
Manganese, Mn....mg	0.637		0	FLC	4		0.172		
Selenium, Se....mcg	11.7		0	FLC	4		3.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	55.6		1	LC	8		15.0		
* Thiamin....mg	1.389		1	LC	8		0.375		
* Riboflavin....mg	1.574		1	LC	8		0.425		
* Niacin....mg	18.519		1	LC	8		5.000		
Pantothenic acid....mg	0.356		0	FLC	4		0.096		
* Vitamin B-6....mg	1.852		1	LC	8		0.500		
* Folate, total....mcg	741		1	LC	8		200		
* Folic acid....mcg	722		0	NR	4		195		
Folate, food....mcg	19		0	FLC	4		5		
Folate, DFE....mcg_DFE	1246		0	NC	4		336		
Choline, total....mg	16.1		0	FLC	4		4.3		
Betaine....mg									
* Vitamin B-12....mcg	5.56		1	LC	8		1.50		
* Vitamin B-12, added....mcg	5.56		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	554		0	NC	4		150		
Retinol....mcg	554		0	NR	4		150		
Carotene, beta....mcg	2		0	FLC	4		1		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	5		0	FLC	4		1		
* Vitamin A, IU....IU	1852		1	LC	8		500		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	44		0	FLC	4		12		
Vitamin E (alpha-tocopherol)....mg	0.51		0	FLC	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.7		0	NR	4		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	148		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	1.3		0	FLC	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.456		0	FLC	4		0.123		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08583
Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.002		0	FLC	4		0.001		
13:0 ... g									
14:0 ... g	0.001		0	FLC	4		0.000		
15:0 ... g	0.000		0	FLC	4		0.000		
16:0 ... g	0.364		0	FLC	4		0.098		
17:0 ... g	0.000		0	FLC	4		0.000		
18:0 ... g	0.061		0	FLC	4		0.016		
20:0 ... g	0.008		0	FLC	4		0.002		
22:0 ... g	0.004		0	FLC	4		0.001		
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.458		0	FLC	4		0.394		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	FLC	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.437		0	FLC	4		0.388		
20:1 ... g	0.016		0	FLC	4		0.004		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.407		0	FLC	4		0.380		
18:2 undifferentiated ... g	1.259		0	FLC	4		0.340		
18:3 undifferentiated ... g	0.148		0	FLC	4		0.040		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08239

Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.07		0	MC	9		0.56		
Energy....kcal	367		0	MC	9		99		
Energy....kJ	1536		0	MC	9		415		
Protein (N x 6.25)....g	10.00		0	MC	9		2.70		
Total lipid (fat)....g	4.00		0	LC	8		1.08		
Ash....g	3.90		0	MC	9		1.05		
Carbohydrate, by difference....g	80.00		0	MC	9		21.60		
Fiber, total dietary....g	7.3		0	MC	9		2.0		
Sugars, total....g	31.11		0	MC	9		8.40		
Starch....g									
Minerals:									
Calcium, Ca....mg	370		1	LC	8		100		
Iron, Fe....mg	16.67		1	LC	8		4.50		
Magnesium, Mg....mg	105		0	FLM	4		28		
Phosphorus, P....mg	200		0	BFZN	4		54		
Potassium, K....mg	259		1	LC	8		70		
Sodium, Na....mg	600		0	MC	9		162		
* Zinc, Zn....mg	13.89		1	LC	8		3.75		
Copper, Cu....mg	0.243		0	FLM	4		0.066		
Manganese, Mn....mg	2.571		0	FLM	4		0.694		
Selenium, Se....mcg	37.5		0	BFZN	4		10.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	70.0		0	MC	9		18.9		
* Thiamin....mg	1.389		1	LC	8		0.375		
* Riboflavin....mg	1.574		1	LC	8		0.425		
* Niacin....mg	18.519		1	LC	8		5.000		
Pantothenic acid....mg	0.881		0	FLM	4		0.238		
* Vitamin B-6....mg	1.852		1	LC	8		0.500		
* Folate, total....mcg	741		1	LC	8		200		
* Folic acid....mcg	722		0	NR	4		195		
Folate, food....mcg	19		0	CAAN	4		5		
Folate, DFE....mcg_DFE	1246		0	NC	4		336		
Choline, total....mg	26.2		0	BFZN	4		7.1		
Betaine....mg									
* Vitamin B-12....mcg	5.56		1	LC	8		1.50		
* Vitamin B-12, added....mcg	5.56		0	BFZN	4		1.50		
Vitamin A, RAE....mcg_RAE	556		0	NC	4		150		
Retinol....mcg	556		0	NR	4		150		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1852		1	LC	8		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	127		0	FLM	4		34		
Vitamin E (alpha-tocopherol)....mg	0.50		0	FLM	4		0.13		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.7		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	3.7		0	LC	8		1.0		
Vitamin D....IU	148		0	LC	8		40		
Vitamin K (phylloquinone)....mcg	2.3		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 08239

Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.536		0	BFZN	4		0.685		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		0	BFZN	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	2.453		0	BFZN	4		0.662		
20:1 ... g	0.047		0	BFZN	4		0.013		
22:1 undifferentiated ... g	0.017		0	BFZN	4		0.005		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.272		0	BFZN	4		0.343		
18:2 undifferentiated ... g	1.065		0	BFZN	4		0.288		
18:3 undifferentiated ... g	0.207		0	BFZN	4		0.056		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08035

Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.66		
Energy....kcal	400		0	MC	9		120		
Energy....kJ	1674		0	MC	9		502		
Protein (N x 6.25)....g	3.33		0	MC	9		1.00		
Total lipid (fat)....g	3.33		0	NR	4		1.00		
Ash....g	4.61		0	MC	9		1.38		
Carbohydrate, by difference....g	86.53		0	NC	4		25.96		
Fiber, total dietary....g	3.3		0	MC	9		1.0		
Sugars, total....g	33.33		0	MC	9		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	333		0	MC	9		100		
Iron, Fe....mg	15.00		0	MC	9		4.50		
Magnesium, Mg....mg	27		0	MC	9		8		
Phosphorus, P....mg	133		0	MC	9		40		
Potassium, K....mg	200		0	MC	9		60		
Sodium, Na....mg	900		0	MC	9		270		
* Zinc, Zn....mg	12.50		0	MC	9		3.75		
Copper, Cu....mg	0.140		0	FLM	4		0.042		
Manganese, Mn....mg	1.376		0	FLM	4		0.413		
Selenium, Se....mcg	5.6		0	RA	4		1.7		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.0		
* Thiamin....mg	1.250		0	MC	9		0.375		
* Riboflavin....mg	1.420		0	MC	9		0.426		
* Niacin....mg	16.670		0	MC	9		5.001		
Pantothenic acid....mg	0.371		0	FLM	4		0.111		
Vitamin B-6....mg	1.667		0	MC	9		0.500		
* Folate, total....mcg	333		0	MC	9		100		
* Folic acid....mcg	314		0	NC	4		94		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	553		0	NC	4		166		
Choline, total....mg	11.0		0	FLM	4		3.3		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added....mcg	4.99		0	NC	4		1.50		
* Vitamin A, RAE....mcg_RAE	501		0	NC	4		150		
* Retinol....mcg	487		0	NC	4		146		
Carotene, beta....mcg	20		0	FLM	4		6		
Carotene, alpha....mcg	12		0	FLM	4		4		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1667		0	MC	9		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	324		0	FLM	4		97		
Vitamin E (alpha-tocopherol)....mg	0.73		0	FLM	4		0.22		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	3.9		0	FLM	4		1.2		
Lipids:									
Fatty acids, total saturated....g	0.323		0	FLM	4		0.097		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08035
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.005		0	FLM	4		0.001		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.001		0	FLM	4		0.000		
13:0 g									
14:0 g	0.003		0	FLM	4		0.001		
15:0 g									
16:0 g	0.218		0	FLM	4		0.065		
17:0 g									
18:0 g	0.067		0	FLM	4		0.020		
20:0 g									
22:0 g	0.008		0	FLM	4		0.002		
24:0 g									
Fatty acids, total monounsaturated g	1.670		0	MC	9		0.501		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	FLM	4		0.004		
17:1 g									
18:1 undifferentiated g	1.628		0	FLM	4		0.488		
20:1 g	0.027		0	FLM	4		0.008		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.982		0	FLM	4		0.295		
18:2 undifferentiated g	0.810		0	FLM	4		0.243		
18:3 undifferentiated g	0.171		0	FLM	4		0.051		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g	0.000		0	MC	9		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08398

Cereals ready-to-eat, GENERAL MILLS, HARMONY

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.83		1	MA	12		1.56		
Energy....kcal	365		0	MC	9		201		
Energy....kJ	1527		0	MC	9		840		
Protein (N x 6.25)....g	11.00		1	MA	12		6.05		
Total lipid (fat)....g	2.20		0	MC	9		1.21		
Ash....g	4.64		1	MA	12		2.55		
Carbohydrate, by difference....g	79.00		0	MC	9		43.45		
Fiber, total dietary....g	4.0		1	MA	12		2.2		
Sugars, total....g	24.00		0	LC	8		13.20		
Starch....g									
Minerals:									
* Calcium, Ca....mg	1091		0	MC	9		600		
* Iron, Fe....mg	16.40		0	MC	9		9.02		
Magnesium, Mg....mg	44		0	MC	9		24		
Phosphorus, P....mg	182		0	MC	9		100		
Potassium, K....mg	166		1	MA	12		91		
Sodium, Na....mg	645		1	MA	12		355		
* Zinc, Zn....mg	13.60		0	MC	9		7.48		
Copper, Cu....mg	0.145		0	MC	9		0.080		
Manganese, Mn....mg	1.359		0	FLM	4		0.748		
Selenium, Se....mcg	21.8		0	FLM	4		12.0		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	55.0		0	MC	9		30.3		
* Thiamin....mg	2.730		0	MC	9		1.502		
* Riboflavin....mg	1.550		0	MC	9		0.853		
* Niacin....mg	18.200		0	MC	9		10.010		
Pantothenic acid....mg									
* Vitamin B-6....mg	1.820		0	MC	9		1.001		
* Folate, total....mcg	727		0	MC	9		400		
Folic acid....mcg	708		0	NC	4		389		
Folate, food....mcg	19		0	NC	4		10		
Folate, DFE....mcg_DFE	1223		0	NC	4		672		
Choline, total....mg	9.6		0	FLM	4		5.3		
Betaine....mg									
* Vitamin B-12....mcg	7.60		0	MC	9		4.18		
* Vitamin B-12, added....mcg	7.60		0	NR	4		4.18		
Vitamin A, RAE....mcg_RAE	273		0	NC	4		150		
Retinol....mcg	273		0	NR	4		150		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	909		0	MC	9		500		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)....mg	24.54		0	MC	9		13.50		
* Vitamin E, added....mg	24.54		0	NR	4		13.50		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	73		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.5		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated....g	0.500		1	MA	12		0.275		
4:0....g	0.001		0	FLM	4		0.000		

NDB No. 08398
Cereals ready-to-eat, GENERAL MILLS, HARMONY

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.007		0	FLM	4		0.004		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.001		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.007		0	FLM	4		0.004		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.414		0	FLM	4		0.228		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.057		0	FLM	4		0.031		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	0.814		0	FLM	4		0.448		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	0.805		0	FLM	4		0.443		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	0.601		0	FLM	4		0.331		
18:2 undifferentiated ... g	0.574		0	FLM	4		0.315		
18:3 undifferentiated ... g	0.028		0	FLM	4		0.015		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08045

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.62		
Energy....kcal	393		0	MC	9		110		
Energy....kJ	1644		0	MC	9		460		
Protein (N x 6.25)....g	10.71		0	MC	9		3.00		
Total lipid (fat)....g	5.36		0	NR	4		1.50		
Ash....g	4.40		0	MC	9		1.23		
Carbohydrate, by difference....g	77.33		0	NC	4		21.65		
Fiber, total dietary....g	7.1		0	MC	9		2.0		
Sugars, total....g	32.14		0	MC	9		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	357		0	MC	9		100		
* Iron, Fe....mg	16.07		0	MC	9		4.50		
Magnesium, Mg....mg	114		0	MC	9		32		
Phosphorus, P....mg	357		0	MC	9		100		
Potassium, K....mg	411		0	MC	9		115		
Sodium, Na....mg	679		0	MC	9		190		
* Zinc, Zn....mg	13.39		0	MC	9		3.75		
Copper, Cu....mg	0.254		0	FLM	4		0.071		
Manganese, Mn....mg	2.744		0	FLM	4		0.768		
Selenium, Se....mcg	23.5	0.894	5	A	1		6.6		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	21.4		0	MC	9		6.0		
* Thiamin....mg	1.340		0	MC	9		0.375		
* Riboflavin....mg	1.520		0	MC	9		0.426		
* Niacin....mg	17.860		0	MC	9		5.001		
Pantothenic acid....mg	0.848		0	FLM	4		0.238		
* Vitamin B-6....mg	1.786		0	MC	9		0.500		
Folate, total....mcg	714		0	MC	9		200		
* Folic acid....mcg	695		0	NC	4		195		
Folate, food....mcg	19		0	CAAN	4		5		
Folate, DFE....mcg_DFE	1201		0	NC	4		336		
Choline, total....mg	25.8		0	FLM	4		7.2		
Betaine....mg									
* Vitamin B-12....mcg	5.36		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.36		0	NR	4		1.50		
* Vitamin A, RAE....mcg_RAE	536		0	NC	4		150		
* Retinol....mcg	536		0	NC	4		150		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1786		0	MC	9		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	116		0	FLM	4		33		
Vitamin E (alpha-tocopherol)....mg	0.96		0	FLM	4		0.27		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.6		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	143		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	2.1		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08045
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	0.000		0	FLM	4		0.000		
17:0....g									
18:0....g	0.000		0	FLM	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.790		0	MC	9		0.501		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	1.779		0	FLM	4		0.498		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.790		0	FLM	4		0.501		
18:2 undifferentiated....g	1.722		0	FLM	4		0.482		
18:3 undifferentiated....g	0.068		0	FLM	4		0.019		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08243

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.15		0	MC	9		1.23		
Energy ... kcal	382		0	MC	9		218		
Energy ... kJ	1598		0	MC	9		911		
Protein ... g	7.27		0	MC	9		4.14		
Total lipid (fat) ... g	4.55		0	NR	4		2.59		
Ash ... g	2.30		0	MC	9		1.31		
Carbohydrate, by difference ... g	83.64		0	MC	9		47.67		
Fiber, total dietary ... g	5.5		0	MC	9		3.1		
Sugars, total ... g	30.91		0	MC	9		17.62		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		0	MC	9		21		
* Iron, Fe ... mg	8.18		0	MC	9		4.66		
Magnesium, Mg ... mg	44		0	MC	9		25		
Phosphorus, P ... mg	145		0	MC	9		83		
Potassium, K ... mg	245		0	MC	9		140		
Sodium, Na ... mg	509		0	MC	9		290		
* Zinc, Zn ... mg	8.18		0	MC	9		4.66		
Copper, Cu ... mg	0.145		0	MC	9		0.083		
Manganese, Mn ... mg	1.865		0	FLC	4		1.063		
Selenium, Se ... mcg	10.7		0	RA	4		6.1		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	10.9		0	MC	9		6.2		
* Thiamin ... mg	0.680		0	MC	9		0.388		
* Riboflavin ... mg	0.770		0	MC	9		0.439		
* Niacin ... mg	9.090		0	MC	9		5.181		
Pantothenic acid ... mg	0.644		0	FLC	4		0.367		
* Vitamin B-6 ... mg	0.909		0	MC	9		0.518		
* Folate, total ... mcg	182		0	MC	9		104		
* Folic acid ... mcg	163		0	NC	4		93		
Folate, food ... mcg	19		0	CAAN	4		11		
Folate, DFE ... mcg_DFE	296		0	NC	4		169		
Choline, total ... mg	16.0		0	FLM	4		9.1		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.73		0	MC	9		1.56		
* Vitamin B-12, added ... mcg	2.70		0	NR	4		1.54		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	3		0	FLC	4		1		
Carotene, alpha ... mcg	0		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0		
Vitamin A, IU ... IU	5		0	NC	4		3		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	81		0	FLC	4		46		
Vitamin E (alpha-tocopherol) ... mg	2.29		0	FLC	4		1.31		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.7		0	FLC	4		0.4		
Lipids:									
Fatty acids, total saturated ... g	0.000		0	MC	9		0.000		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08243
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.730		0	MC	9		1.556		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	FLC	4		0.014		
17:1....g									
18:1 undifferentiated....g	2.705		0	FLC	4		1.542		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	MC	9		0.519		
18:2 undifferentiated....g	0.893		0	FLC	4		0.509		
18:3 undifferentiated....g	0.016		0	FLC	4		0.009		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08057

Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.70		
Energy....kcal	400		0	MC	9		128		
Energy....kJ	1674		0	MC	9		536		
Protein (N x 6.25)....g	6.67		0	MC	9		2.13		
Total lipid (fat)....g	1.67		0	NR	4		0.53		
Ash....g	3.46		0	MC	9		1.11		
Carbohydrate, by difference....g	86.00		0	NC	4		27.52		
Fiber, total dietary....g	1.0		1	MA	12		0.3		
Sugars, total....g	30.00		0	MC	9		9.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	333		0	MC	9		107		
* Iron, Fe....mg	30.00		0	MC	9		9.60		
Magnesium, Mg....mg	17		0	MC	9		5		
Phosphorus, P....mg	65		0	MC	9		21		
Potassium, K....mg	117		0	MC	9		37		
Sodium, Na....mg	733		0	MC	9		235		
* Zinc, Zn....mg	12.50		0	MC	9		4.00		
Copper, Cu....mg	0.140		0	FLM	4		0.045		
Manganese, Mn....mg	1.448		0	FLM	4		0.463		
Selenium, Se....mcg	1.7		0	FLM	4		0.5		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.4		
* Thiamin....mg	1.250		0	MC	9		0.400		
* Riboflavin....mg	1.420		0	MC	9		0.454		
* Niacin....mg	16.670		0	MC	9		5.334		
Pantothenic acid....mg	0.665		0	FLM	4		0.213		
Vitamin B-6....mg	1.667		0	MC	9		0.533		
* Folate, total....mcg	667		0	MC	9		213		
* Folic acid....mcg	648		0	NC	4		207		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	1120		0	NC	4		358		
Choline, total....mg	16.4		0	FLM	4		5.2		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.60		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.60		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	30		0	FLM	4		10		
Carotene, alpha....mcg	20		0	FLM	4		6		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	66		0	NC	4		21		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	419		0	FLM	4		134		
Vitamin E (alpha-tocopherol)....mg	0.56		0	FLM	4		0.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.1		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	125		0	LC	8		40		
Vitamin K (phylloquinone)....mcg	0.8		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.278		0	FLM	4		0.089		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08057
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.244		0	FLM	4		0.078		
17:0....g									
18:0....g	0.028		0	FLM	4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.585		0	FLM	4		0.187		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.006		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.579		0	FLM	4		0.185		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0	FLM	4		0.197		
18:2 undifferentiated....g	0.592		0	FLM	4		0.189		
18:3 undifferentiated....g	0.023		0	FLM	4		0.007		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08278

Cereals ready-to-eat, GENERAL MILLS, KABOOM

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.37		0	MC	9		0.71		
Energy ... kcal	400		0	MC	9		120		
Energy ... kJ	1674		0	MC	9		502		
Protein (N x 6.25) ... g	3.33		0	MC	9		1.00		
Total lipid (fat) ... g	3.33		0	NR	4		1.00		
Ash ... g	3.71		0	MC	9		1.11		
Carbohydrate, by difference ... g	87.26		0	NC	4		26.18		
Fiber, total dietary ... g	3.3		0	MC	9		1.0		
Sugars, total ... g	20.00		0	MC	9		6.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	333		0	MC	9		100		
* Iron, Fe ... mg	28.00		0	MC	9		8.40		
Magnesium, Mg ... mg	53		0	MC	9		16		
Phosphorus, P ... mg	133		0	MC	9		40		
Potassium, K ... mg	133		0	MC	9		40		
Sodium, Na ... mg	633		0	MC	9		190		
* Zinc, Zn ... mg	12.50		0	MC	9		3.75		
Copper, Cu ... mg	0.161		0	FLC	4		0.048		
Manganese, Mn ... mg	0.321		0	FLC	4		0.096		
Selenium, Se ... mcg	20.1		0	RA	4		6.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.0		
* Thiamin ... mg	1.250		0	MC	9		0.375		
* Riboflavin ... mg	1.420		0	MC	9		0.426		
* Niacin ... mg	16.670		0	MC	9		5.001		
Pantothenic acid ... mg	0.354		0	FLC	4		0.106		
* Vitamin B-6 ... mg	1.667		0	MC	9		0.500		
* Folate, total ... mcg	667		0	MC	9		200		
* Folic acid ... mcg	648		0	NC	4		194		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1120		0	NC	4		336		
Choline, total ... mg	13.0		0	FLM	4		3.9		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
* Vitamin A, RAE ... mcg_RAE	501		0	NC	4		150		
* Retinol ... mcg	500		0	NC	4		150		
Carotene, beta ... mcg	1		0	FLC	4		0		
Carotene, alpha ... mcg	0		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	1		0	FLC	4		0		
* Vitamin A, IU ... IU	1667		0	MC	9		500		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	3		0	FLC	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.54		0	FLC	4		0.16		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.0		0	FLC	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	0.452		0	FLC	4		0.136		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08278
Cereals ready-to-eat, GENERAL MILLS, KABOOM

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.004		0	FLC	4		0.001		
15:0....g									
16:0....g	0.384		0	FLC	4		0.115		
17:0....g									
18:0....g	0.058		0	FLC	4		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.116		0	FLC	4		0.335		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.105		0	FLC	4		0.332		
20:1....g	0.005		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.341		0	FLC	4		0.402		
18:2 undifferentiated....g	1.269		0	FLC	4		0.381		
18:3 undifferentiated....g	0.071		0	FLC	4		0.021		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08048

Cereals ready-to-eat, GENERAL MILLS, KIX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.79	0.186	4	A	1	D	0.84	0.67	
Energy ... kcal	367		0	NR	4		110	88	
Energy ... kJ	1534		0	NR	4		460	368	
Protein (N x 6.25) ... g	7.69	0.092	4	A	1	D	2.31	1.84	
Total lipid (fat) ... g	3.46	0.133	4	A	1	D	1.04	0.83	
Ash ... g	3.23	0.031	4	A	1	D	0.97	0.78	
Carbohydrate, by difference ... g	82.82		0	NC	4		24.85	19.88	
Fiber, total dietary ... g	8.9		1	MA	12	D	2.7	2.1	
Sugars, total ... g	9.76	0.247	4	A	1	D	2.93	2.34	
Sucrose ... g	8.93	0.150	4	A	1	D	2.68	2.14	
Glucose (dextrose) ... g	0.57	0.043	4	A	1	D	0.17	0.14	
Fructose ... g	0.11	0.021	4	A	1	D	0.03	0.03	
Lactose ... g	0.00	0.000	4	A	1	D	0.00	0.00	
Maltose ... g	0.15	0.077	4	A	1	D	0.05	0.04	
Galactose ... g	0.00	0.000	4	A	1	D	0.00	0.00	
Starch ... g	58.47	0.936	4	A	1	D	17.54	14.03	
Minerals:									
* Calcium, Ca ... mg	570	3.894	4	A	1	D	171	137	
* Iron, Fe ... mg	32.00	0.842	4	A	1	D	9.60	7.68	
Magnesium, Mg ... mg	51	0.377	4	A	1	D	15	12	
Phosphorus, P ... mg	189	1.443	4	A	1	D	57	45	
Potassium, K ... mg	188	5.105	4	A	1	D	56	45	
Sodium, Na ... mg	662	13.472	4	A	1	D	199	159	
* Zinc, Zn ... mg	17.42	0.144	4	A	1	D	5.23	4.18	
Copper, Cu ... mg	0.142	0.012	4	A	1	D	0.043	0.034	
Manganese, Mn ... mg	1.130	0.024	4	A	1	D	0.339	0.271	
Selenium, Se ... mcg	8.5	0.455	11	A	1	C	2.5	2.0	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	25.4	0.457	4	A	1	D	7.6	6.1	
* Thiamin ... mg	1.955	0.058	4	A	1	D	0.586	0.469	
* Riboflavin ... mg	2.000	0.041	4	A	1	D	0.600	0.480	
* Niacin ... mg	24.250	0.944	4	A	1	D	7.275	5.820	
Pantothenic acid ... mg	0.522	0.009	4	A	1	D	0.157	0.125	
* Vitamin B-6 ... mg	2.300	0.082	4	A	1	D	0.690	0.552	
* Folate, total ... mcg	787		0	NC	4		236	189	
* Folic acid ... mcg	768	19.492	4	A	1	D	230	184	
Folate, food ... mcg	19		0	CAAN	4		6	5	
Folate, DFE ... mcg_DFE	1324		0	NC	4		397	318	
Choline, total ... mg	18.9		0	FLA	4		5.7	4.5	
Betaine ... mg									
* Vitamin B-12 ... mcg	5.70	0.372	4	A	1	D	1.71	1.37	
* Vitamin B-12, added ... mcg	5.70		0	NR	4		1.71	1.37	
Vitamin A, RAE ... mcg_RAE	876		0	NC	4		263	210	
* Retinol ... mcg	870	31.210	4	A	1	D	261	209	
Carotene, beta ... mcg	51		0	FLA	4		15	12	
Carotene, alpha ... mcg	33		0	FLA	4		10	8	
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	
* Vitamin A, IU ... IU	3013		0	NC	4		904	723	
Lycopene ... mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin ... mcg	794		0	FLA	4		238	190	
Vitamin E (alpha-tocopherol) ... mg	0.25		0	FLA	4		0.07	0.06	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0	0.8	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08048
Cereals ready-to-eat, GENERAL MILLS, KIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	133		0	MC	9		40	32	
Vitamin K (phylloquinone).....mcg	0.6		0	FLA	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.576		0	NC	4		0.173	0.138	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.005		1	A	1	D	0.001	0.001	
10:0.....g	0.029		1	A	1	D	0.009	0.007	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.009		1	A	1	D	0.003	0.002	
15:0.....g	0.002		1	A	1	D	0.001	0.001	
16:0.....g	0.434		1	A	1	D	0.130	0.104	
17:0.....g	0.002		1	A	1	D	0.001	0.001	
18:0.....g	0.081		1	A	1	D	0.024	0.019	
20:0.....g	0.009		1	A	1	D	0.003	0.002	
22:0.....g	0.005		1	A	1	D	0.001	0.001	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.990		0	NC	4		0.297	0.238	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.002	0.002	
16:1 c.....g	0.007		1	A	1	D	0.002	0.002	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	0.967		0	AS	1		0.290	0.232	
18:1 c.....g	0.947		1	A	1	D	0.284	0.227	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.020		1	A	1	D	0.006	0.005	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.014		1	A	1	D	0.004	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1	D	0.000	0.000	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.002		1	A	1	D	0.001	0.001	
Fatty acids, total polyunsaturated.....g	1.277		0	NC	4		0.383	0.307	
18:2 undifferentiated.....g	1.214		0	AS	1		0.364	0.291	
18:2 n-6 c,c.....g	1.210		1	A	1	D	0.363	0.290	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		1	A	1	D	0.001	0.001	
18:3 undifferentiated.....g	0.040		0	AS	1		0.012	0.010	
18:3 n-3 c,c,c (ALA).....g	0.040		1	A	1	D	0.012	0.010	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.016		1	A	1	D	0.005	0.004	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.005		1	A	1	D	0.001	0.001	
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.025		0	NC	4		0.007	0.006	

NDB No. 08048
Cereals ready-to-eat, GENERAL MILLS, KIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4		0.006	0.005	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001	0.001	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0	MC	9		0.016	0.013	
Threonine.....g	0.242		0	MC	9		0.073	0.058	
Isoleucine.....g	0.224		0	MC	9		0.067	0.054	
Leucine.....g	0.843		0	MC	9		0.253	0.202	
Lysine.....g	0.152		0	MC	9		0.046	0.037	
Methionine.....g	0.116		0	MC	9		0.035	0.028	
Cystine.....g	0.116		0	MC	9		0.035	0.028	
Phenylalanine.....g	0.359		0	MC	9		0.108	0.086	
Tyrosine.....g	0.233		0	MC	9		0.070	0.056	
Valine.....g	0.287		0	MC	9		0.086	0.069	
Arginine.....g	0.215		0	MC	9		0.065	0.052	
Histidine.....g	0.161		0	MC	9		0.048	0.039	
Alanine.....g	0.502		0	MC	9		0.151	0.121	
Aspartic acid.....g	0.475		0	MC	9		0.143	0.114	
Glutamic acid.....g	1.507		0	MC	9		0.452	0.362	
Glycine.....g	0.260		0	MC	9		0.078	0.062	
Proline.....g	0.547		0	MC	9		0.164	0.131	
Serine.....g	0.359		0	MC	9		0.108	0.086	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.25 cup (1 NLEA serving)

Measure 2 = 24g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08050

Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.17	0.129	4	A	1	C	0.86	1.11	
Energy	kcal	407		0	LC	8		110	143	
Energy	kJ	1705		0	LC	8		460	597	
Protein (N x 6.25)	g	7.02	0.093	4	A	1	C	1.89	2.46	
Total lipid (fat)	g	3.63	0.159	4	A	1	C	0.98	1.27	
Ash	g	3.29	0.017	4	A	1	C	0.89	1.15	
Carbohydrate, by difference	g	82.90		0	NC	4		22.38	29.01	
Fiber, total dietary	g	4.7	0.202	4	A	1	C	1.3	1.6	
Sugars, total	g	39.93	0.673	4	A	1	C	10.78	13.97	
Sucrose	g	33.05	0.594	4	A	1	C	8.92	11.57	
Glucose (dextrose)	g	4.72	0.102	4	A	1	C	1.27	1.65	
Fructose	g	0.44	0.032	4	A	1	C	0.12	0.15	
Lactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Maltose	g	1.72	0.056	4	A	1	C	0.47	0.60	
Galactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Starch	g	33.27	0.278	4	A	1	C	8.98	11.65	
Minerals:										
* Calcium, Ca	mg	399	4.401	12	A	1	C	108	140	
* Iron, Fe	mg	18.40	0.658	12	A	1	C	4.97	6.44	
Magnesium, Mg	mg	59	0.927	12	A	1	C	16	21	
Phosphorus, P	mg	237	3.767	12	A	1	C	64	83	
Potassium, K	mg	182	3.255	12	A	1	C	49	64	
Sodium, Na	mg	679	14.809	12	A	1	C	183	238	
* Zinc, Zn	mg	16.24	0.426	12	A	1	C	4.39	5.68	
Copper, Cu	mg	0.166	0.005	12	A	1	C	0.045	0.058	
Manganese, Mn	mg	1.874	0.035	12	A	1	C	0.506	0.656	
Selenium, Se	mcg	16.4	0.484	12	A	1	C	4.4	5.7	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	23.3	0.178	4	A	1	C	6.3	8.2	
* Thiamin	mg	1.732	0.031	4	A	1	C	0.468	0.606	
* Riboflavin	mg	1.908	0.140	12	A	1	C	0.515	0.668	
* Niacin	mg	22.300	1.804	4	A	1	C	6.021	7.805	
Pantothenic acid	mg	0.657	0.061	4	A	1	C	0.177	0.230	
* Vitamin B-6	mg	1.925	0.075	4	A	1	C	0.520	0.674	
Folate, total	mcg	745		0	NC	4		201	261	
* Folic acid	mcg	726	11.995	4	A	1	C	196	254	
Folate, food	mcg	19		0	CAAN	4		5	7	
Folate, DFE	mcg_DFE	1253		0	NC	4		338	439	
Choline, total	mg	16.2		0	FLA	4		4.4	5.7	
Betaine	mg									
* Vitamin B-12	mcg	5.92	0.236	4	A	1	C	1.60	2.07	
* Vitamin B-12, added	mcg	5.00		0	NR	4		1.35	1.75	
Vitamin A, RAE	mcg_RAE	559		0	NC	4		151	195	
Retinol	mcg	558		0	NR	4	C	151	195	
Carotene, beta	mcg	0		0	FLA	4		0	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
* Vitamin A, IU	IU	1860		1	MA	12		502	651	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	81		0	FLA	4		22	28	
Vitamin E (alpha-tocopherol)	mg	0.27		0	FLA	4		0.07	0.09	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.7		0	LC	8		1.0	1.3	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08050
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	148		0	LC	8		40	52	
Vitamin K (phylloquinone).....mcg	1.2		0	FLA	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated.....g	0.602		0	NC	4		0.163	0.211	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.002		1	A	1	D	0.000	0.001	
10:0.....g	0.008		1	A	1	D	0.002	0.003	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.007		1	A	1	D	0.002	0.002	
15:0.....g	0.002		1	A	1	D	0.000	0.001	
16:0.....g	0.498		1	A	1	D	0.134	0.174	
17:0.....g	0.003		1	A	1	D	0.001	0.001	
18:0.....g	0.075		1	A	1	D	0.020	0.026	
20:0.....g	0.005		1	A	1	D	0.001	0.002	
22:0.....g	0.002		1	A	1	D	0.000	0.001	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	1.195		0	NC	4		0.323	0.418	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.002	0.002	
16:1 c.....g	0.007		1	A	1	D	0.002	0.002	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	1.155		0	AS	1		0.312	0.404	
18:1 c.....g	1.154		1	A	1	D	0.312	0.404	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.002		1	A	1	D	0.000	0.001	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.024		1	A	1	D	0.006	0.008	
22:1 undifferentiated.....g	0.003		0	AS	1		0.001	0.001	
22:1 c.....g	0.003		1	A	1	D	0.001	0.001	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.005		1	A	1	D	0.001	0.002	
Fatty acids, total polyunsaturated.....g	1.183		0	NC	4		0.319	0.414	
18:2 undifferentiated.....g	1.125		0	AS	1		0.304	0.394	
18:2 n-6 c,c.....g	1.121		1	A	1	D	0.303	0.392	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003		1	A	1	D	0.001	0.001	
18:3 undifferentiated.....g	0.039		0	AS	1		0.011	0.014	
18:3 n-3 c,c,c (ALA).....g	0.039		1	A	1	D	0.011	0.014	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.015		1	A	1	D	0.004	0.005	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.002		1	A	1	D	0.000	0.001	
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.005		0	NC	4		0.001	0.002	

NDB No. 08050
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.000	0.001	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.001	0.001	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0	A	1		0.027	0.035	
Threonine.....g	0.228		0	A	1		0.062	0.080	
Isoleucine.....g	0.228		0	A	1		0.062	0.080	
Leucine.....g	0.497		0	A	1		0.134	0.174	
Lysine.....g	0.209		0	A	1		0.056	0.073	
Methionine.....g	0.109		0	A	1		0.029	0.038	
Cystine.....g	0.129		0	A	1		0.035	0.045	
Phenylalanine.....g	0.348		0	A	1		0.094	0.122	
Tyrosine.....g	0.189		0	A	1		0.051	0.066	
Valine.....g	0.318		0	A	1		0.086	0.111	
Arginine.....g	0.467		0	A	1		0.126	0.163	
Histidine.....g	0.139		0	A	1		0.038	0.049	
Alanine.....g	0.348		0	A	1		0.094	0.122	
Aspartic acid.....g	0.566		0	A	1		0.153	0.198	
Glutamic acid.....g	1.510		0	A	1		0.408	0.528	
Glycine.....g	0.457		0	A	1		0.123	0.160	
Proline.....g	0.377		0	A	1		0.102	0.132	
Serine.....g	0.348		0	A	1		0.094	0.122	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Measure 2 = 35g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08345

Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		1.18		
Energy ... kcal	328		0	MC	9		154		
Energy ... kJ	1372		0	MC	9		645		
Protein (N x 6.25) ... g	6.90		0	MC	9		3.24		
Total lipid (fat) ... g	2.59		0	NR	4		1.22		
Ash ... g	3.95		0	MC	9		1.86		
Carbohydrate, by difference ... g	84.06		0	NC	4		39.51		
Fiber, total dietary ... g	12.1		0	MC	9		5.7		
Sugars, total ... g	20.69		0	MC	9		9.72		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	213		1	LC	8		100		
* Iron, Fe ... mg	34.47		1	LC	8		16.20		
Magnesium, Mg ... mg	128		1	LC	8		60		
Phosphorus, P ... mg	259		0	MC	9		122		
Potassium, K ... mg	379		0	MC	9		178		
Sodium, Na ... mg	621		0	MC	9		292		
* Zinc, Zn ... mg	7.98		1	LC	8		3.75		
Copper, Cu ... mg	0.385		0	FLA	4		0.181		
Manganese, Mn ... mg	3.179		0	FLA	4		1.494		
Selenium, Se ... mcg	7.9		0	FLM	4		3.7		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	12.8		1	LC	8		6.0		
* Thiamin ... mg	0.798		1	LC	8		0.375		
* Riboflavin ... mg	0.904		1	LC	8		0.425		
* Niacin ... mg	10.638		1	LC	8		5.000		
Pantothenic acid ... mg									
* Vitamin B-6 ... mg	1.064		1	LC	8		0.500		
Folate, total ... mcg	851		0	LC	8		400		
* Folic acid ... mcg	810		0	NR	4		381		
Folate, food ... mcg	41		0	CAAN	4		19		
Folate, DFE ... mcg_DFE	1418		0	NC	4		666		
Choline, total ... mg	12.7		0	FLA	4		6.0		
Betaine ... mg									
* Vitamin B-12 ... mcg	3.19		1	LC	8		1.50		
* Vitamin B-12, added ... mcg	3.19		0	NR	4		1.50		
* Vitamin A, RAE ... mcg_RAE	294		0	NC	4		138		
* Retinol ... mcg	289		0	NR	4		136		
Carotene, beta ... mcg	46		0	FLA	4		22		
Carotene, alpha ... mcg	30		0	FLA	4		14		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1064		1	LC	8		500		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	724		0	FLA	4		340		
Vitamin E (alpha-tocopherol) ... mg	0.31		1	FLA	4		0.15		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.1		1	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	85		1	LC	8		40		
Vitamin K (phylloquinone) ... mcg	0.4		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	0.481		0	FLA	4		0.226		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08345
Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.006		0	FLA	4		0.003		
15:0....g									
16:0....g	0.428		0	FLA	4		0.201		
17:0....g									
18:0....g	0.048		0	FLA	4		0.023		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.589		0	FLA	4		0.277		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.585		0	FLA	4		0.275		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0	MC	9		0.404		
18:2 undifferentiated....g	0.816		0	FLA	4		0.384		
18:3 undifferentiated....g	0.043		0	FLA	4		0.020		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08087
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	379		0	MC	9		110		
Energy....kJ	1587		0	MC	9		460		
Protein (N x 6.25)....g	6.90		0	MC	9		2.00		
Total lipid (fat)....g	3.45		0	NR	4		1.00		
Ash....g	3.81		0	MC	9		1.10		
Carbohydrate, by difference....g	83.34		0	NC	4		24.17		
Fiber, total dietary....g	9.3		0	MC	9		2.7		
Sugars, total....g	20.69		0	MC	9		6.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	345		0	MC	9		100		
* Iron, Fe....mg	62.07		0	MC	9		18.00		
Magnesium, Mg....mg	83		0	MC	9		24		
Phosphorus, P....mg	276		0	MC	9		80		
Potassium, K....mg	293		0	MC	9		85		
Sodium, Na....mg	690		0	MC	9		200		
* Zinc, Zn....mg	51.72		0	MC	9		15.00		
Copper, Cu....mg	0.138		0	MC	9		0.040		
Manganese, Mn....mg	1.679		0	FLM	4		0.487		
Selenium, Se....mcg	16.8		0	FLM	4		4.9		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	51.7		0	MC	9		15.0		
* Thiamin....mg	5.170		0	MC	9		1.499		
* Riboflavin....mg	5.860		0	MC	9		1.699		
* Niacin....mg	68.970		0	MC	9		20.001		
* Pantothenic acid....mg	34.480		0	MC	9		9.999		
* Vitamin B-6....mg	6.897		0	MC	9		2.000		
* Folate, total....mcg	1379		0	MC	9		400		
* Folic acid....mcg	1360		0	NC	4		394		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	2332		0	NC	4		676		
Choline, total....mg	25.9		0	FLM	4		7.5		
Betaine....mg									
* Vitamin B-12....mcg	20.69		0	MC	9		6.00		
* Vitamin B-12, added....mcg	20.69		0	NR	4		6.00		
Vitamin A, RAE....mcg_RAE	518		0	NC	4		150		
Retinol....mcg	495		0	NC	4		143		
Carotene, beta....mcg	35		0	FLM	4		10		
Carotene, alpha....mcg	23		0	FLM	4		7		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1724		0	MC	9		500		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	571		0	FLM	4		166		
* Vitamin E (alpha-tocopherol)....mg	46.55		0	MC	9		13.50		
* Vitamin E, added....mg	46.55		0	NR	4		13.50		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.4		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	138		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	1.3		0	FLM	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.531		0	FLM	4		0.154		

NDB No. 08087
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.007		0	FLM	4		0.002		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.479		0	FLM	4		0.139		
17:0....g									
18:0....g	0.041		0	FLM	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.011		0	FLM	4		0.293		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.007		0	FLM	4		0.292		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.380		0	FLM	4		0.400		
18:2 undifferentiated....g	1.327		0	FLM	4		0.385		
18:3 undifferentiated....g	0.053		0	FLM	4		0.015		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08277

Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.72		1	MA	12		3.70		
Energy....kcal	386		0	MC	9		212		
Energy....kJ	1615		0	MC	9		888		
Protein (N x 6.25)....g	8.00		1	MA	12		4.40		
Total lipid (fat)....g	4.60		0	MC	9		2.53		
Ash....g	2.11		1	MA	12		1.16		
Carbohydrate, by difference....g	80.00		0	MC	9		44.00		
Fiber, total dietary....g	5.0		1	MA	12		2.8		
Sugars, total....g	33.41		0	BFZN	4		18.38		
Starch....g									
Minerals:									
* Calcium, Ca....mg	36		0	MC	9		20		
* Iron, Fe....mg	2.00		0	MC	9		1.10		
Magnesium, Mg....mg	44		0	MC	9		24		
Phosphorus, P....mg	273		0	MC	9		150		
Potassium, K....mg	279		1	MA	12		153		
Sodium, Na....mg	376		1	MA	12		207		
* Zinc, Zn....mg	1.10		0	MC	9		0.61		
Copper, Cu....mg	0.218		0	MC	9		0.120		
Manganese, Mn....mg	2.007		0	FLM	4		1.104		
Selenium, Se....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.160		0	MC	9		0.088		
* Riboflavin....mg	0.060		0	MC	9		0.033		
Niacin....mg	1.720		1	MA	12		0.946		
Pantothenic acid....mg									
Vitamin B-6....mg	0.111		0	FLM	4		0.061		
Folate, total....mcg	13		0	FLM	4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	FLM	4		7		
Folate, DFE....mcg_DFE	13		0	NC	4		7		
Choline, total....mg	24.0		0	FLM	4		13.2		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	1.50		0	NR	4		0.83		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	2.9		0	BFZN	4		1.6		
Lipids:									
Fatty acids, total saturated....g	0.850		1	MA	12		0.468		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08277

Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLA	4		0.000		
8:0 g	0.000		0	FLA	4		0.000		
10:0 g	0.000		0	FLA	4		0.000		
12:0 g	0.013		0	FLA	4		0.007		
13:0 g									
14:0 g	0.007		0	FLA	4		0.004		
15:0 g	0.014		0	FLA	4		0.008		
16:0 g	0.636		0	FLA	4		0.350		
17:0 g									
18:0 g	0.114		0	FLA	4		0.063		
20:0 g									
22:0 g	0.018		0	FLA	4		0.010		
24:0 g									
Fatty acids, total monounsaturated g	2.115		0	FLA	4		1.163		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0	FLA	4		0.003		
17:1 g									
18:1 undifferentiated g	2.097		0	FLA	4		1.153		
20:1 g	0.014		0	FLA	4		0.007		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.142		0	FLA	4		0.628		
18:2 undifferentiated g	1.092		0	FLA	4		0.600		
18:3 undifferentiated g	0.050		0	FLA	4		0.028		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08202

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.86		0	MC	9		1.72		
Energy....kcal	400		0	MC	9		240		
Energy....kJ	1674		0	MC	9		1004		
Protein (N x 6.25)....g	9.09		0	MC	9		5.45		
Total lipid (fat)....g	8.18		0	NR	4		4.91		
Ash....g	2.62		0	MC	9		1.57		
Carbohydrate, by difference....g	77.25		0	NC	4		46.35		
Fiber, total dietary....g	7.5		0	MC	9		4.5		
Sugars, total....g	29.09		0	MC	9		17.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0	MC	9		22		
Iron, Fe....mg	8.18		0	MC	9		4.91		
Magnesium, Mg....mg	109		0	MC	9		65		
Phosphorus, P....mg	273		0	MC	9		164		
Potassium, K....mg	327		0	MC	9		196		
Sodium, Na....mg	455		0	MC	9		273		
Zinc, Zn....mg	6.82		0	MC	9		4.09		
Copper, Cu....mg	0.218		0	MC	9		0.131		
Manganese, Mn....mg	2.633		0	FLC	4		1.580		
Selenium, Se....mcg	17.3		0	BFZN	4		10.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.9		0	MC	9		6.5		
Thiamin....mg	0.680		0	MC	9		0.408		
Riboflavin....mg	0.770		0	MC	9		0.462		
Niacin....mg	9.090		0	MC	9		5.454		
Pantothenic acid....mg	0.710		0	FLC	4		0.426		
Vitamin B-6....mg	0.909		0	MC	9		0.545		
Folate, total....mcg	182		0	MC	9		109		
* Folic acid....mcg	163		0	NR	4		98		
Folate, food....mcg	19		0	NR	4		11		
Folate, DFE....mcg_DFE	296		0	NC	4		177		
Choline, total....mg	24.7		0	AS	1		14.8		
Betaine....mg	35.0		1	A	1		21.0		
* Vitamin B-12....mcg	2.73		0	MC	9		1.64		
* Vitamin B-12, added....mcg	2.73		0	NR	4		1.64		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	2		0	FLC	4		1		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	3		0	FLC	4		2		
Vitamin A, IU....IU	5		0	NC	4		3		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	108		0	FLC	4		65		
Vitamin E (alpha-tocopherol)....mg	3.51		0	FLC	4		2.11		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	FLC	4		1.1		
Lipids:									
Fatty acids, total saturated....g	0.910		0	MC	9		0.546		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08202

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.004		0	FLC	4		0.002		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.007		0	FLC	4		0.004		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.005		0	FLC	4		0.003		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.758		0	FLC	4		0.455		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.105		0	FLC	4		0.063		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.640		0	MC	9		2.184		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0	FLC	4		0.016		
17:1....g									
18:1 undifferentiated....g	3.613		0	FLC	4		2.168		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.730		0	MC	9		1.638		
18:2 undifferentiated....g	2.681		0	FLC	4		1.608		
18:3 undifferentiated....g	0.049		0	FLC	4		0.029		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08190

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.59		0	MC	9		1.42		
Energy ... kcal	382		0	MC	9		210		
Energy ... kJ	1598		0	MC	9		879		
Protein (N x 6.25) ... g	7.27		0	MC	9		4.00		
Total lipid (fat) ... g	3.64		0	NR	4		2.00		
Ash ... g	2.50		0	MC	9		1.38		
Carbohydrate, by difference ... g	84.00		0	NC	4		46.20		
Fiber, total dietary ... g	7.3		0	MC	9		4.0		
Sugars, total ... g	34.55		0	MC	9		19.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		0	MC	9		20		
* Iron, Fe ... mg	8.18		0	MC	9		4.50		
Magnesium, Mg ... mg	73		0	MC	9		40		
Phosphorus, P ... mg	182		0	MC	9		100		
Potassium, K ... mg	309		0	MC	9		170		
Sodium, Na ... mg	491		0	MC	9		270		
* Zinc, Zn ... mg	6.82		0	MC	9		3.75		
Copper, Cu ... mg	0.145		0	MC	9		0.080		
Manganese, Mn ... mg	2.407		0	FLC	4		1.324		
Selenium, Se ... mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	10.9		0	MC	9		6.0		
* Thiamin ... mg	0.680		0	MC	9		0.374		
* Riboflavin ... mg	0.770		0	MC	9		0.424		
* Niacin ... mg	9.090		0	MC	9		5.000		
Pantothenic acid ... mg	0.703		0	FLC	4		0.387		
* Vitamin B-6 ... mg	0.909		0	MC	9		0.500		
* Folate, total ... mcg	182		0	MC	9		100		
* Folic acid ... mcg	163		0	NC	4		90		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	296		0	NC	4		163		
Choline, total ... mg	21.4		0	O	4		11.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.73		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	2.73		0	NC	4		1.50		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	1		0	FLC	4		1		
Carotene, alpha ... mcg	0		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	3		0	FLC	4		2		
Vitamin A, IU ... IU	5		0	NC	4		3		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	111		0	FLC	4		61		
Vitamin E (alpha-tocopherol) ... mg	0.82		0	FLC	4		0.45		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.4		0	FLC	4		1.3		
Lipids:									
Fatty acids, total saturated ... g	0.910		0	MC	9		0.501		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08190

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.003		0	FLC	4		0.002		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.014		0	FLC	4		0.008		
13:0 ... g									
14:0 ... g	0.009		0	FLC	4		0.005		
15:0 ... g									
16:0 ... g	0.766		0	FLC	4		0.421		
17:0 ... g									
18:0 ... g	0.061		0	FLC	4		0.033		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.820		0	MC	9		1.001		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLC	4		0.007		
17:1 ... g									
18:1 undifferentiated ... g	1.807		0	FLC	4		0.994		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.910		0	MC	9		0.501		
18:2 undifferentiated ... g	0.873		0	FLC	4		0.480		
18:3 undifferentiated ... g	0.037		0	FLC	4		0.020		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08245

Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.73		0	MC	9		2.93		
Energy ... kcal	382		0	MC	9		237		
Energy ... kJ	1598		0	MC	9		990		
Protein (N x 6.25) ... g	9.09		0	MC	9		5.64		
Total lipid (fat) ... g	3.64		0	NR	4		2.26		
Ash ... g	2.36		0	MC	9		1.46		
Carbohydrate, by difference ... g	80.00		0	MC	9		49.60		
Fiber, total dietary ... g	6.2		0	MC	9		3.8		
Sugars, total ... g	32.73		0	MC	9		20.29		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		0	MC	9		23		
* Iron, Fe ... mg	8.18		0	MC	9		5.07		
Magnesium, Mg ... mg	73		0	MC	9		45		
Phosphorus, P ... mg	182		0	MC	9		113		
Potassium, K ... mg	327		0	MC	9		203		
Sodium, Na ... mg	400		0	MC	9		248		
* Zinc, Zn ... mg	6.82		0	MC	9		4.23		
Copper, Cu ... mg	0.145		0	MC	9		0.090		
Manganese, Mn ... mg	2.224		0	FLA	4		1.379		
Selenium, Se ... mcg	17.3		0	BFZN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.680		0	MC	9		0.422		
* Riboflavin ... mg	0.770		0	MC	9		0.477		
* Niacin ... mg	9.090		0	MC	9		5.636		
Pantothenic acid ... mg	0.725		0	FLA	4		0.450		
* Vitamin B-6 ... mg	0.909		0	MC	9		0.564		
Folate, total ... mcg	182		0	MC	9		113		
* Folic acid ... mcg	163		0	NC	4		101		
Folate, food ... mcg	19		0	CAAN	4		12		
Folate, DFE ... mcg_DFE	296		0	NC	4		183		
Choline, total ... mg	21.4		0	O	4		13.3		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.73		0	MC	9		1.69		
* Vitamin B-12, added ... mcg	2.70		0	NR	4		1.67		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	0		0	FLA	4		0		
Carotene, alpha ... mcg	0		0	FLA	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0		
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... mcg	0		0	FLA	4		0		
Lutein + zeaxanthin ... mcg	100		0	FLA	4		62		
Vitamin E (alpha-tocopherol) ... mg	2.46		0	NR	4		1.53		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.8		0	FLA	4		1.1		
Lipids:									
Fatty acids, total saturated ... g	0.910		0	MC	9		0.564		
4:0 ... g	0.000		0	BFFN	4		0.000		

NDB No. 08245

Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.003		0	BFFN	4		0.002		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.014		0	BFFN	4		0.009		
13:0....g									
14:0....g	0.009		0	BFFN	4		0.006		
15:0....g									
16:0....g	0.778		0	BFFN	4		0.483		
17:0....g									
18:0....g	0.062		0	BFFN	4		0.038		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.820		0	BFFN	4		1.128		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	BFFN	4		0.008		
17:1....g									
18:1 undifferentiated....g	1.837		0	BFFN	4		1.139		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	BFFN	4		0.564		
18:2 undifferentiated....g	0.888		0	BFFN	4		0.550		
18:3 undifferentiated....g	0.037		0	BFFN	4		0.023		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	BFFN	4		0		
Theobromine....mg	0		0	BFFN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08371

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.14		0	MC	9		4.40		
Energy	kcal	309		0	MC	9		167		
Energy	kJ	1293		0	MC	9		698		
Protein (N x 6.25)	g	7.27		0	MC	9		3.93		
Total lipid (fat)	g	1.82		0	NR	4		0.98		
Ash	g	6.44		0	MC	9		3.48		
Carbohydrate, by difference	g	76.36		0	MC	9		41.23		
Fiber, total dietary	g	12.4		0	MC	9		6.7		
Sugars, total	g	20.00		0	MC	9		10.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	1273		0	MC	9		687		
* Iron, Fe	mg	32.73		0	MC	9		17.67		
Magnesium, Mg	mg	73		0	MC	9		39		
Phosphorus, P	mg	182		0	MC	9		98		
Potassium, K	mg	491		0	MC	9		265		
Sodium, Na	mg	545		0	MC	9		295		
* Zinc, Zn	mg	13.64		0	MC	9		7.37		
Copper, Cu	mg	0.218		0	MC	9		0.118		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.680		0	MC	9		0.367		
* Riboflavin	mg	1.550		0	MC	9		0.837		
* Niacin	mg	18.180		0	MC	9		9.817		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.818		0	MC	9		0.982		
* Folate, total	mcg	727		0	MC	9		393		
* Folic acid	mcg	708		0	NC	4		382		
Folate, food	mcg	19		0	NC	4		10		
Folate, DFE	mcg_DFE	1223		0	NC	4		660		
Choline, total	mg									
Betaine	mg									
* Vitamin B-12	mcg	2.73		0	MC	9		1.47		
* Vitamin A, RAE	mcg_RAE	273		0	NC	4		147		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
* Vitamin A, IU	IU	909		0	MC	9		491		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.8		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.8		0	LC	8		1.0		
Vitamin D	IU	74		0	LC	8		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		0	MC	9		0.000		

NDB No. 08371

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08261

Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	7.54		0	MC	9		3.69		
Energy ... kcal	364		0	MC	9		178		
Energy ... kJ	1521		0	MC	9		746		
Protein (N x 6.25) ... g	7.27		0	MC	9		3.56		
Total lipid (fat) ... g	6.36		0	NR	4		3.12		
Ash ... g	2.41		0	MC	9		1.18		
Carbohydrate, by difference ... g	76.36		0	MC	9		37.42		
Fiber, total dietary ... g	9.8		0	MC	9		4.8		
Sugars, total ... g	27.27		0	MC	9		13.36		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		0	MC	9		18		
* Iron, Fe ... mg	8.18		0	MC	9		4.01		
Magnesium, Mg ... mg	73		0	MC	9		36		
Phosphorus, P ... mg	273		0	MC	9		134		
Potassium, K ... mg	364		0	MC	9		178		
Sodium, Na ... mg	455		0	MC	9		223		
* Zinc, Zn ... mg	6.82		0	MC	9		3.34		
Copper, Cu ... mg	0.291		0	MC	9		0.143		
Manganese, Mn ... mg	2.256		0	FLC	4		1.105		
Selenium, Se ... mcg	7.0		0	BFZN	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.680		0	MC	9		0.333		
* Riboflavin ... mg	0.770		0	MC	9		0.377		
* Niacin ... mg	9.090		0	MC	9		4.454		
Pantothenic acid ... mg	0.582		0	FLC	4		0.285		
* Vitamin B-6 ... mg	0.909		0	MC	9		0.445		
* Folate, total ... mcg	182		0	MC	9		89		
* Folic acid ... mcg	163		0	NC	4		80		
Folate, food ... mcg	19		0	NC	4		9		
Folate, DFE ... mcg_DFE	296		0	NC	4		145		
Choline, total ... mg	19.8		0	FLM	4		9.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.73		0	MC	9		1.34		
* Vitamin B-12, added ... mcg	2.73		0	NR	4		1.34		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	4		0	FLC	4		2		
Carotene, alpha ... mcg	1		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0		
Vitamin A, IU ... IU	7		0	NC	4		3		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	150		0	FLC	4		73		
Vitamin E (alpha-tocopherol) ... mg	1.61		0	FLC	4		0.79		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.4		0	FLC	4		1.2		
Lipids:									
Fatty acids, total saturated ... g	0.910		0	MC	9		0.446		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08261
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.007		0	FLC	4		0.004		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.019		0	FLC	4		0.009		
15:0....g									
16:0....g	0.509		0	FLC	4		0.250		
17:0....g									
18:0....g	0.360		0	FLC	4		0.176		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.730		0	MC	9		1.338		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0	FLC	4		0.009		
17:1....g									
18:1 undifferentiated....g	2.709		0	FLC	4		1.327		
20:1....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.910		0	MC	9		0.446		
18:2 undifferentiated....g	0.850		0	FLC	4		0.416		
18:3 undifferentiated....g	0.048		0	FLC	4		0.024		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.910		0	MC	9		0.446		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08194

Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.67		0	MC	9		0.77		
Energy....kcal	433		0	MC	9		126		
Energy....kJ	1813		0	MC	9		526		
Protein (N x 6.25)....g	6.67		0	MC	9		1.93		
Total lipid (fat)....g	11.67		0	NR	4		3.38		
Ash....g	3.13		0	MC	9		0.91		
Carbohydrate, by difference....g	75.86		0	NC	4		22.00		
Fiber, total dietary....g	4.0		0	MC	9		1.2		
Sugars, total....g	40.00		0	MC	9		11.60		
Starch....g									
Minerals:									
* Calcium, Ca....mg	333		0	MC	9		97		
* Iron, Fe....mg	15.00		0	MC	9		4.35		
Magnesium, Mg....mg	27		0	MC	9		8		
Phosphorus, P....mg	200		0	MC	9		58		
Potassium, K....mg	217		0	MC	9		63		
Sodium, Na....mg	667		0	MC	9		193		
* Zinc, Zn....mg	12.50		0	MC	9		3.63		
Copper, Cu....mg	0.116		0	FLC	4		0.034		
Manganese, Mn....mg	0.300		0	FLC	4		0.087		
Selenium, Se....mcg	6.5		0	BFZN	4		1.9		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		5.8		
* Thiamin....mg	1.250		0	MC	9		0.363		
* Riboflavin....mg	1.420		0	MC	9		0.412		
* Niacin....mg	16.670		0	MC	9		4.834		
Pantothenic acid....mg	0.334		0	FLC	4		0.097		
* Vitamin B-6....mg	1.667		0	MC	9		0.483		
* Folate, total....mcg	333		0	MC	9		97		
* Folic acid....mcg	314		0	NC	4		91		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	553		0	NC	4		160		
Choline, total....mg	12.7		0	O	4		3.7		
Betaine....mg									
* Vitamin B-12....mcg	5.00		0	MC	9		1.45		
* Vitamin B-12, added....mcg	5.00		0	NR	4		1.45		
* Vitamin A, RAE....mcg_RAE	482		0	NC	4		140		
* Retinol....mcg	479		0	NC	4		139		
Carotene, beta....mcg	33		0	FLC	4		9		
Carotene, alpha....mcg	21		0	FLC	4		6		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
* Vitamin A, IU....IU	1667		0	MC	9		483		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	458		0	FLC	4		133		
Vitamin E (alpha-tocopherol)....mg	2.61		0	FLC	4		0.76		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		39		
Vitamin K (phylloquinone)....mcg	6.3		0	FLC	4		1.8		
Lipids:									
Fatty acids, total saturated....g	1.670		0	MC	9		0.484		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08194
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.006		0	FLC	4		0.002		
13:0....g									
14:0....g	0.038		0	FLC	4		0.011		
15:0....g									
16:0....g	1.218		0	FLC	4		0.353		
17:0....g									
18:0....g	0.242		0	FLC	4		0.070		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.000		0	MC	9		1.450		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0	FLC	4		0.006		
17:1....g									
18:1 undifferentiated....g	4.919		0	FLC	4		1.427		
20:1....g	0.062		0	FLC	4		0.018		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.330		0	MC	9		0.966		
18:2 undifferentiated....g	2.971		0	FLC	4		0.862		
18:3 undifferentiated....g	0.312		0	FLC	4		0.090		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08064

Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.68		
Energy ... kcal	382		0	NC	4		103		
Energy ... kJ	1598		0	NC	4		432		
Protein (N x 6.25) ... g	6.45		0	MC	9		1.74		
Total lipid (fat) ... g	1.61		0	NR	4		0.43		
Ash ... g	4.02		0	MC	9		1.09		
Carbohydrate, by difference ... g	85.42		0	NC	4		23.06		
Fiber, total dietary ... g	1.0		1	MA	12		0.3		
Sugars, total ... g	7.41		1	LC	8		2.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	370		1	LC	8		100		
Iron, Fe ... mg	33.33		1	LC	8		9.00		
Magnesium, Mg ... mg	89		0	FLC	4		24		
Phosphorus, P ... mg	114		0	MC	9		31		
Potassium, K ... mg	167		1	LC	8		45		
Sodium, Na ... mg	889		1	LC	8		240		
Zinc, Zn ... mg	13.89		1	LC	8		3.75		
Copper, Cu ... mg	0.204		0	FLC	4		0.055		
Manganese, Mn ... mg	2.464		0	FLC	4		0.665		
Selenium, Se ... mcg	3.9	0.805	5	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	22.2		1	LC	8		6.0		
Thiamin ... mg	1.389		1	LC	8		0.375		
Riboflavin ... mg	1.574		1	LC	8		0.425		
Niacin ... mg	18.519		1	LC	8		5.000		
Pantothenic acid ... mg	1.151		0	FLC	4		0.311		
Vitamin B-6 ... mg	1.852		1	LC	8		0.500		
Folate, total ... mcg	741		1	LC	8		200		
* Folic acid ... mcg	737		0	NR	4		199		
Folate, food ... mcg	4		0	CAZN	4		1		
Folate, DFE ... mcg_DFE	1256		0	NC	4		339		
Choline, total ... mg	8.4		0	O	4		2.3		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.56		1	LC	8		1.50		
* Vitamin B-12, added ... mcg	5.56		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	556		0	NC	4		150		
Retinol ... mcg	556		0	NR	4		150		
Carotene, beta ... mcg	0		0	FLC	4		0		
Carotene, alpha ... mcg	0		0	FLC	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0		
Vitamin A, IU ... IU	1852		1	LC	8		500		
Lycopene ... mcg	0		0	FLC	4		0		
Lutein + zeaxanthin ... mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.65		0	FLC	4		0.18		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.7		1	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	148		1	LC	8		40		
Vitamin K (phylloquinone) ... mcg	0.9		0	FLC	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	0.348		0	FLC	4		0.094		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08064
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.007		0	FLC	4		0.002		
15:0....g									
16:0....g	0.311		0	FLC	4		0.084		
17:0....g									
18:0....g	0.029		0	FLC	4		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.552		0	FLC	4		0.149		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.546		0	FLC	4		0.148		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.525		0	FLC	4		0.142		
18:2 undifferentiated....g	0.484		0	FLC	4		0.131		
18:3 undifferentiated....g	0.041		0	FLC	4		0.011		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08246

Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.56		2	MA	12		0.77		
Energy....kcal	373		0	MC	9		112		
Energy....kJ	1561		0	MC	9		468		
Protein (N x 6.25)....g	6.05		2	MA	12		1.82		
Total lipid (fat)....g	1.61		2	MA	12		0.48		
Ash....g	4.25		2	MA	12		1.28		
Carbohydrate, by difference....g	85.55		0	MC	9		25.67		
Fiber, total dietary....g	2.5		2	MA	12		0.8		
Sugars, total....g	11.00		1	MA	12		3.30		
Starch....g									
Minerals:									
* Calcium, Ca....mg	3333		0	MC	9		1000		
* Iron, Fe....mg	60.00		0	MC	9		18.00		
Magnesium, Mg....mg	26		2	MA	12		8		
Phosphorus, P....mg	366		2	MA	12		110		
Potassium, K....mg	94		1	MA	12		28		
Sodium, Na....mg	698		1	MA	12		209		
* Zinc, Zn....mg	50.00		0	MC	9		15.00		
Copper, Cu....mg	0.000		2	MA	12		0.000		
Manganese, Mn....mg	0.096		0	FLM	4		0.029		
Selenium, Se....mcg	5.1		0	BFZN	4		1.5		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	200.0		0	MC	9		60.0		
* Thiamin....mg	5.000		0	MC	9		1.500		
* Riboflavin....mg	5.670		0	MC	9		1.701		
* Niacin....mg	66.700		0	MC	9		20.010		
* Pantothenic acid....mg	33.000		0	MC	9		9.900		
* Vitamin B-6....mg	6.670		0	MC	9		2.001		
* Folate, total....mcg	1333		0	MC	9		400		
Folic acid....mcg	1314		0	NC	4		394		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	2253		0	NC	4		676		
Choline, total....mg	3.0		0	BFZN	4		0.9		
Betaine....mg									
* Vitamin B-12....mcg	20.00		0	MC	9		6.00		
* Vitamin B-12, added....mcg	20.00		0	NR	4		6.00		
Vitamin A, RAE....mcg_RAE	389		0	NC	4		117		
Retinol....mcg	381		0	FLA	4		114		
Carotene, beta....mcg	70		0	FLA	4		21		
Carotene, alpha....mcg	46		0	FLA	4		14		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
* Vitamin A, IU....IU	1426		0	FLA	4		428		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	977		0	FLA	4		293		
* Vitamin E (alpha-tocopherol)....mg	45.00		0	MC	9		13.50		
* Vitamin E, added....mg	45.00		0	NR	4		13.50		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.9		0	MC	9		0.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	114		0	MC	9		34		
Vitamin K (phylloquinone)....mcg	0.2		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.400		1	MA	12		0.120		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08246
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.001		0	FLA	4		0.000		
13:0....g									
14:0....g	0.001		0	FLA	4		0.000		
15:0....g									
16:0....g	0.335		0	FLA	4		0.101		
17:0....g									
18:0....g	0.045		0	FLA	4		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.214		0	FLA	4		0.064		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.212		0	FLA	4		0.064		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.368		0	FLA	4		0.110		
18:2 undifferentiated....g	0.358		0	FLA	4		0.107		
18:3 undifferentiated....g	0.011		0	FLA	4		0.003		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08247

Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.75		0	MC	9		4.64		
Energy....kcal	309		0	MC	9		164		
Energy....kJ	1293		0	MC	9		685		
Protein (N x 6.25)....g	5.45		0	MC	9		2.89		
Total lipid (fat)....g	1.82		0	NR	4		0.96		
Ash....g	7.51		0	MC	9		3.98		
Carbohydrate, by difference....g	76.36		0	MC	9		40.47		
Fiber, total dietary....g	9.1		0	MC	9		4.8		
Sugars, total....g	34.55		0	MC	9		18.31		
Starch....g									
Minerals:									
* Calcium, Ca....mg	1818		0	MC	9		964		
* Iron, Fe....mg	32.73		0	MC	9		17.35		
Magnesium, Mg....mg	58		0	MC	9		31		
Phosphorus, P....mg	182		0	MC	9		96		
Potassium, K....mg	564		0	MC	9		299		
Sodium, Na....mg	436		0	MC	9		231		
* Zinc, Zn....mg	27.27		0	MC	9		14.45		
Copper, Cu....mg	0.218		0	MC	9		0.116		
Manganese, Mn....mg	1.483		0	FLM	4		0.786		
Selenium, Se....mcg	7.0		0	BFZN	4		3.7		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	2.730		0	MC	9		1.447		
* Riboflavin....mg	3.090		0	MC	9		1.638		
* Niacin....mg	36.360		0	MC	9		19.271		
Pantothenic acid....mg	18.180		0	MC	9		9.635		
* Vitamin B-6....mg	3.636		0	MC	9		1.927		
* Folate, total....mcg	727		0	MC	9		385		
* Folic acid....mcg	708		0	NC	4		375		
Folate, food....mcg	19		0	CAAN	4		10		
Folate, DFE....mcg_DFE	1223		0	NC	4		648		
Choline, total....mg	16.0		0	BFZN	4		8.5		
Betaine....mg									
* Vitamin B-12....mcg	10.91		0	MC	9		5.78		
* Vitamin B-12, added....mcg	10.91		0	NR	4		5.78		
* Vitamin A, RAE....mcg_RAE	273		0	NC	4		145		
* Retinol....mcg	271		0	NC	4		143		
Carotene, beta....mcg	4		0	FLM	4		2		
Carotene, alpha....mcg	2		0	FLM	4		1		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	909		0	MC	9		482		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	158		0	FLM	4		84		
* Vitamin E (alpha-tocopherol)....mg	24.55		0	MC	9		13.01		
* Vitamin E, added....mg	22.70		0	NC	4		12.03		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.7		0	LC	8		2.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	4.7		0	LC	8		2.5		
Vitamin D....IU	189		0	LC	8		100		
Vitamin K (phylloquinone)....mcg	1.9		0	FLM	4		1.0		
Lipids:									
Fatty acids, total saturated....g	0.297		0	FLM	4		0.158		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08247
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.005		0	FLM	4		0.003		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.002		0	FLM	4		0.001		
15:0....g									
16:0....g	0.275		0	FLM	4		0.146		
17:0....g									
18:0....g	0.014		0	FLM	4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.262		0	FLM	4		0.139		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated....g	0.021		0	FLM	4		0.011		
17:1....g									
18:1 undifferentiated....g	0.241		0	FLM	4		0.128		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.914		0	FLM	4		0.484		
18:2 undifferentiated....g	0.828		0	FLM	4		0.439		
18:3 undifferentiated....g	0.085		0	FLM	4		0.045		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08078

Cereals ready-to-eat, GENERAL MILLS, TRIX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.64		
Energy....kcal	400		0	MC	9		128		
Energy....kJ	1674		0	MC	9		536		
Protein (N x 6.25)....g	3.33		0	MC	9		1.07		
Total lipid (fat)....g	5.00		0	NR	4		1.60		
Ash....g	2.99		0	MC	9		0.96		
Carbohydrate, by difference....g	86.67		0	MC	9		27.73		
Fiber, total dietary....g	3.3		0	MC	9		1.1		
Sugars, total....g	37.50		1	LC	8		12.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	313		1	LC	8		100		
* Iron, Fe....mg	14.06		1	LC	8		4.50		
Magnesium, Mg....mg	25		1	LC	8		8		
Phosphorus, P....mg	125		1	LC	8		40		
Potassium, K....mg	109		1	LC	8		35		
Sodium, Na....mg	563		1	LC	8		180		
* Zinc, Zn....mg	11.72		1	LC	8		3.75		
Copper, Cu....mg	0.047		0	FLC	4		0.015		
Manganese, Mn....mg	0.081		0	FLC	4		0.026		
Selenium, Se....mcg	6.5		0	CAZN	4		2.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	LC	8		6.4		
* Thiamin....mg	1.172		1	LC	8		0.375		
* Riboflavin....mg	1.328		1	LC	8		0.425		
* Niacin....mg	15.625		1	LC	8		5.000		
Pantothenic acid....mg	0.125		0	FLC	4		0.040		
* Vitamin B-6....mg	1.563		1	LC	8		0.500		
* Folate, total....mcg	313		1	LC	8		100		
* Folic acid....mcg	294		0	NR	4		94		
Folate, food....mcg	19		0	CAZN	4		6		
Folate, DFE....mcg_DFE	519		0	NC	4		166		
Choline, total....mg	4.1		0	O	4		1.3		
Betaine....mg									
* Vitamin B-12....mcg	4.69		1	LC	8		1.50		
* Vitamin B-12, added....mcg	4.68		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	455		0	NC	4		146		
* Retinol....mcg	453		0	NR	4		145		
Carotene, beta....mcg	22		0	FLC	4		7		
Carotene, alpha....mcg	15		0	FLC	4		5		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
* Vitamin A, IU....IU	1563		1	LC	8		500		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	315		0	FLC	4		101		
Vitamin E (alpha-tocopherol)....mg	1.19		0	FLC	4		0.38		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.1		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	125		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	3.4		0	FLC	4		1.1		
Lipids:									
Fatty acids, total saturated....g	0.670		0	FLC	4		0.215		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08078
Cereals ready-to-eat, GENERAL MILLS, TRIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.017		0	FLC	4		0.005		
15:0....g									
16:0....g	0.533		0	FLC	4		0.171		
17:0....g									
18:0....g	0.095		0	FLC	4		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.334		0	FLC	4		0.747		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLC	4		0.004		
17:1....g									
18:1 undifferentiated....g	2.299		0	FLC	4		0.736		
20:1....g	0.023		0	FLC	4		0.007		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.596		0	FLC	4		0.511		
18:2 undifferentiated....g	1.417		0	FLC	4		0.453		
18:3 undifferentiated....g	0.179		0	FLC	4		0.057		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08586
Cereals ready-to-eat, GENERAL MILLS, TRIX, reduced sugar, bowlpak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	BFZN	4		0.42		
Energy....kcal	400		0	BFZN	4		84		
Energy....kJ	1674		0	BFZN	4		351		
Protein....g	4.76		1	LC	8		1.00		
Total lipid (fat)....g	4.76		1	LC	8		1.00		
Ash....g	2.99		0	BFZN	4		0.63		
Carbohydrate, by difference....g	85.49		0	NC	4		17.95		
Fiber, total dietary....g	4.8		1	LC	8		1.0		
Sugars, total....g	28.57		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	381		1	LC	8		80		
Iron, Fe....mg	17.14		1	LC	8		3.60		
Magnesium, Mg....mg	25		0	BFZN	4		5		
Phosphorus, P....mg	125		0	BFZN	4		26		
Potassium, K....mg	143		1	LC	8		30		
Sodium, Na....mg	571		1	LC	8		120		
* Zinc, Zn....mg	14.29		1	LC	8		3.00		
Copper, Cu....mg	0.047		0	BFZN	4		0.010		
Manganese, Mn....mg									
Selenium, Se....mcg	6.5		0	BFZN	4		1.4		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	17.1		1	LC	8		3.6		
* Thiamin....mg	1.429		1	LC	8		0.300		
* Riboflavin....mg	1.619		1	LC	8		0.340		
* Niacin....mg	19.048		1	LC	8		4.000		
Pantothenic acid....mg									
* Vitamin B-6....mg	1.905		1	LC	8		0.400		
* Folate, total....mcg	381		1	LC	8		80		
* Folic acid....mcg	362		0	NR	4		76		
Folate, food....mcg	19		0	BFZN	4		4		
Folate, DFE....mcg_DFE	634		0	NC	4		133		
Choline, total....mg	4.1		0	BFZN	4		0.9		
Betaine....mg									
* Vitamin B-12....mcg	4.29		1	LC	8		0.90		
* Vitamin B-12, added....mcg	4.28		0	NR	4		0.90		
Vitamin A, RAE....mcg_RAE	416		0	NC	4		87		
* Retinol....mcg	414		0	NR	4		87		
Carotene, beta....mcg	22		0	BFZN	4		5		
Carotene, alpha....mcg	15		0	BFZN	4		3		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	1429		1	LC	8		300		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	315		0	BFZN	4		66		
Vitamin E (alpha-tocopherol)....mg	1.19		0	BFZN	4		0.25		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
* Vitamin D (D2 + D3)....mcg	2.9		0	LC	8		0.6		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	114		1	LC	8		24		
Vitamin K (phylloquinone)....mcg	3.4		0	BFZN	4		0.7		
Lipids:									
Fatty acids, total saturated....g	0.670		0	BFZN	4		0.141		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 08586

Cereals ready-to-eat, GENERAL MILLS, TRIX, reduced sugar, bowlpak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.001		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.017		0	BFZN	4		0.003		
15:0....g									
16:0....g	0.533		0	BFZN	4		0.112		
17:0....g									
18:0....g	0.095		0	BFZN	4		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.334		0	BFZN	4		0.490		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	BFZN	4		0.002		
17:1....g									
18:1 undifferentiated....g	2.299		0	BFZN	4		0.483		
20:1....g	0.023		0	BFZN	4		0.005		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.596		0	BFZN	4		0.335		
18:2 undifferentiated....g	1.417		0	BFZN	4		0.298		
18:3 undifferentiated....g	0.179		0	BFZN	4		0.038		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 bowlpak

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08089

Cereals ready-to-eat, GENERAL MILLS, WHEATIES

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.59		0	MC	9		0.70		
Energy....kcal	367		0	MC	9		99		
Energy....kJ	1534		0	MC	9		414		
Protein (N x 6.25)....g	10.00		0	MC	9		2.70		
Total lipid (fat)....g	3.33		0	NR	4		0.90		
Ash....g	3.31		0	MC	9		0.89		
Carbohydrate, by difference....g	80.77		0	NC	4		21.81		
Fiber, total dietary....g	10.0		0	MC	9		2.7		
Sugars, total....g	13.33		0	MC	9		3.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	67		0	MC	9		18		
Iron, Fe....mg	28.00		0	MC	9		7.56		
Magnesium, Mg....mg	107		0	MC	9		29		
Phosphorus, P....mg	333		0	MC	9		90		
Potassium, K....mg	350		0	MC	9		95		
Sodium, Na....mg	700		0	MC	9		189		
Zinc, Zn....mg	25.00		0	MC	9		6.75		
Copper, Cu....mg	0.267		0	MC	9		0.072		
Manganese, Mn....mg	3.336		0	FLC	4		0.901		
Selenium, Se....mcg	4.7	0.889	10	A	1		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		5.4		
Thiamin....mg	2.500		0	MC	9		0.675		
Riboflavin....mg	2.830		0	MC	9		0.764		
Niacin....mg	33.330		0	MC	9		8.999		
Pantothenic acid....mg	0.881		0	FLC	4		0.238		
Vitamin B-6....mg	3.333		0	MC	9		0.900		
Folate, total....mcg	667		0	MC	9		180		
* Folic acid....mcg	648		0	NC	4		175		
Folate, food....mcg	19		0	CAAN	4		5		
Folate, DFE....mcg_DFE	1121		0	NC	4		303		
Choline, total....mg	32.9		0	AS	1		8.9		
Betaine....mg	198.7		1	A	1		53.6		
* Vitamin B-12....mcg	10.00		0	MC	9		2.70		
* Vitamin B-12, added....mcg	10.00		0	NR	4		2.70		
Vitamin A, RAE....mcg_RAE	501		0	NC	4		135		
Retinol....mcg	498		0	NC	4		134		
Carotene, beta....mcg	4		0	FLC	4		1		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	1667		0	MC	9		450		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	173		0	FLC	4		47		
Vitamin E (alpha-tocopherol)....mg	1.18		0	FLC	4		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		0.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	133		0	MC	9		36		
Vitamin K (phylloquinone)....mcg	3.0		0	FLC	4		0.8		
Lipids:									
Fatty acids, total saturated....g	0.489		0	FLC	4		0.132		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08089
Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.015		0	FLC	4		0.004		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.009		0	FLC	4		0.002		
15:0 ... g									
16:0 ... g	0.408		0	FLC	4		0.110		
17:0 ... g									
18:0 ... g	0.047		0	FLC	4		0.013		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.076		0	FLC	4		0.290		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.015		0	FLC	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.051		0	FLC	4		0.284		
20:1 ... g	0.010		0	FLC	4		0.003		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.168		0	FLC	4		0.315		
18:2 undifferentiated ... g	1.065		0	FLC	4		0.288		
18:3 undifferentiated ... g	0.101		0	FLC	4		0.027		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08026

Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	7.00		1	MA	12		3.85		
Energy ... kcal	333		0	MC	9		183		
Energy ... kJ	1393		0	MC	9		766		
Protein (N x 6.25) ... g	7.00		1	MA	12		3.85		
Total lipid (fat) ... g	1.70		1	NR	4		0.94		
Ash ... g	2.71		1	MA	12		1.49		
Carbohydrate, by difference ... g	81.00		0	MC	9		44.55		
Fiber, total dietary ... g	9.0		1	MA	12		5.0		
Sugars, total ... g	33.00		1	MA	12		18.15		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		0	MC	9		0		
* Iron, Fe ... mg	13.60		0	MC	9		7.48		
Magnesium, Mg ... mg	77		1	MA	12		42		
Phosphorus, P ... mg	255		1	MA	12		140		
Potassium, K ... mg	413		1	MA	12		227		
Sodium, Na ... mg	457		1	MA	12		251		
* Zinc, Zn ... mg	13.60		0	MC	9		7.48		
Copper, Cu ... mg	0.320		1	MA	12		0.176		
Manganese, Mn ... mg	2.624		0	FLM	4		1.443		
Selenium, Se ... mcg	7.0		0	BFZN	4		3.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	1.360		0	MC	9		0.748		
* Riboflavin ... mg	1.550		0	MC	9		0.853		
* Niacin ... mg	18.200		0	MC	9		10.010		
Pantothenic acid ... mg	0.651		0	FLM	4		0.358		
* Vitamin B-6 ... mg	1.820		0	MC	9		1.001		
* Folate, total ... mcg	364		0	MC	9		200		
Folic acid ... mcg	323		0	NC	4		178		
Folate, food ... mcg	41		0	CAAN	4		23		
Folate, DFE ... mcg_DFE	590		0	NC	4		325		
Choline, total ... mg	16.0		0	FLM	4		8.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.50		0	MC	9		3.03		
* Vitamin B-12, added ... mcg	5.50		0	NR	4		3.03		
Vitamin A, RAE ... mcg_RAE	273		0	NC	4		150		
Retinol ... mcg	273		0	NC	4		150		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	909		0	MC	9		500		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.63		0	FLM	4		0.35		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	73		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.4		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	0.400		1	MA	12		0.220		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08026
Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.004		0	FLM	4		0.002		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.002		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.348		0	FLM	4		0.191		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.025		0	FLM	4		0.014		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.169		0	FLM	4		0.093		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.008		0	FLM	4		0.005		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	0.160		0	FLM	4		0.088		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.644		0	FLM	4		0.354		
18:2 undifferentiated ... g	0.597		0	FLM	4		0.328		
18:3 undifferentiated ... g	0.046		0	FLM	4		0.025		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08082

Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		1.18		
Energy....kcal	360		0	MC	9		169		
Energy....kJ	1506		0	MC	9		708		
Protein (N x 6.25)....g	10.00		0	MC	9		4.70		
Total lipid (fat)....g	2.00		0	NR	4		0.94		
Ash....g	4.41		0	MC	9		2.07		
Carbohydrate, by difference....g	81.09		0	NC	4		38.11		
Fiber, total dietary....g	10.8		0	MC	9		5.1		
Sugars, total....g	10.00		0	MC	9		4.70		
Starch....g									
Minerals:									
* Calcium, Ca....mg	200		0	MC	9		94		
* Iron, Fe....mg	28.80		0	MC	9		13.54		
Magnesium, Mg....mg	80		0	MC	9		38		
Phosphorus, P....mg	300		0	MC	9		141		
Potassium, K....mg	380		0	MC	9		179		
Sodium, Na....mg	840		0	MC	9		395		
Zinc, Zn....mg	7.50		0	MC	9		3.53		
Copper, Cu....mg	0.320		0	MC	9		0.150		
Manganese, Mn....mg	3.574		0	FLC	4		1.680		
Selenium, Se....mcg	5.0		0	RA	4		2.4		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	12.0		0	MC	9		5.6		
* Thiamin....mg	0.750		0	MC	9		0.353		
* Riboflavin....mg	0.850		0	MC	9		0.400		
* Niacin....mg	10.000		0	MC	9		4.700		
Pantothenic acid....mg	0.948		0	FLC	4		0.445		
* Vitamin B-6....mg	1.000		0	MC	9		0.470		
* Folate, total....mcg	800		0	MC	9		376		
* Folic acid....mcg	781		0	NC	4		367		
Folate, food....mcg	19		0	CAAN	4		9		
Folate, DFE....mcg_DFE	1347		0	NC	4		633		
Choline, total....mg	23.1		0	BFZN	4		10.9		
Betaine....mg									
* Vitamin B-12....mcg	3.00		0	MC	9		1.41		
* Vitamin B-12, added....mcg	3.00		0	NR	4		1.41		
* Vitamin A, RAE....mcg_RAE	300		0	NC	4		141		
* Retinol....mcg	298		0	NC	4		140		
Carotene, beta....mcg	5		0	FLC	4		2		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
* Vitamin A, IU....IU	1000		0	MC	9		470		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	207		0	FLC	4		97		
Vitamin E (alpha-tocopherol)....mg	0.77		0	FLC	4		0.36		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.0		0	MC	9		0.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	80		0	MC	9		38		
Vitamin K (phylloquinone)....mcg	1.7		0	FLC	4		0.8		
Lipids:									
Fatty acids, total saturated....g	0.328		0	FLC	4		0.154		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08082
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.019		0	FLC	4		0.009		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.003		0	FLC	4		0.002		
15:0 ... g									
16:0 ... g	0.290		0	FLC	4		0.136		
17:0 ... g									
18:0 ... g	0.016		0	FLC	4		0.008		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.248		0	FLC	4		0.117		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.014		0	FLC	4		0.007		
17:1 ... g									
18:1 undifferentiated ... g	0.234		0	FLC	4		0.110		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.832		0	FLC	4		0.391		
18:2 undifferentiated ... g	0.789		0	FLC	4		0.371		
18:3 undifferentiated ... g	0.041		0	FLC	4		0.019		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLC	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08077

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.67		0	MC	9		0.80		
Energy	kcal	333		0	MC	9		100		
Energy	kJ	1395		0	MC	9		418		
Protein (N x 6.25)	g	6.67		0	MC	9		2.00		
Total lipid (fat)	g	1.67		0	NR	4		0.50		
Ash	g	11.81		0	MC	9		3.54		
Carbohydrate, by difference	g	77.18		0	NC	4		23.15		
Fiber, total dietary	g	9.0		0	MC	9		2.7		
Sugars, total	g	16.67		0	MC	9		5.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3333		0	MC	9		1000		
* Iron, Fe	mg	60.00		0	MC	9		18.00		
Magnesium, Mg	mg	80		0	MC	9		24		
Phosphorus, P	mg	267		0	MC	9		80		
Potassium, K	mg	300		0	MC	9		90		
Sodium, Na	mg	633		0	MC	9		190		
* Zinc, Zn	mg	50.00		0	MC	9		15.00		
Copper, Cu	mg	0.267		0	MC	9		0.080		
Manganese, Mn	mg									
Selenium, Se	mcg	3.9	1.800	4	JA	6		1.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	200.0		0	MC	9		60.0		
* Thiamin	mg	5.000		0	MC	9		1.500		
* Riboflavin	mg	5.670		0	MC	9		1.701		
* Niacin	mg	66.670		0	MC	9		20.001		
Pantothenic acid	mg	33.330		0	MC	9		9.999		
* Vitamin B-6	mg	6.667		0	MC	9		2.000		
* Folate, total	mcg	1333		0	MC	9		400		
* Folic acid	mcg	1314		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
Choline, total	mg	19.0		0	AS	1		5.7		
Betaine	mg	168.0		1	A	1		50.4		
* Vitamin B-12	mcg	20.00		0	MC	9		6.00		
* Vitamin B-12, added	mcg	20.00		0	NC	4		6.00		
* Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
* Retinol	mcg	498		0	NC	4		150		
Carotene, beta	mcg	4		0	FLM	4		1		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	172		0	FLM	4		52		
* Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
* Vitamin E, added	mg	44.36		0	NC	4		13.31		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	8.3		0	LC	8		2.5		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	8.3		0	LC	8		2.5		
Vitamin D	IU	333		0	LC	8		100		
Vitamin K (phylloquinone)	mcg	0.6		1	A	1		0.2		
Lipids:										
Fatty acids, total saturated	g	0.407		0	NC	4		0.122		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08077
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g									
16:0....g	0.292		1	A	1		0.087		
17:0....g									
18:0....g	0.115		1	A	1		0.035		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.315		0	NC	4		0.094		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.307		1	A	1		0.092		
20:1....g	0.008		1	A	1		0.002		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.698		0	NC	4		0.209		
18:2 undifferentiated....g	0.652		1	A	1		0.196		
18:3 undifferentiated....g	0.046		1	A	1		0.014		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1		0.039		
Threonine....g	0.230		0	A	1		0.069		
Isoleucine....g	0.260		0	A	1		0.078		
Leucine....g	0.520		0	A	1		0.156		
Lysine....g									
Methionine....g	0.144		0	FLA	4		0.043		
Cystine....g	0.150		0	A	1		0.045		
Phenylalanine....g	0.350		0	A	1		0.105		
Tyrosine....g	0.080		0	A	1		0.024		
Valine....g	0.340		0	A	1		0.102		
Arginine....g	0.250		0	A	1		0.075		
Histidine....g	0.160		0	A	1		0.048		
Alanine....g	0.300		0	A	1		0.090		
Aspartic acid....g	0.420		0	A	1		0.126		
Glutamic acid....g	2.190		0	A	1		0.657		
Glycine....g	0.320		0	A	1		0.096		
Proline....g	0.700		0	A	1		0.210		
Serine....g	0.360		0	A	1		0.108		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08077

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08290
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	BFZN	4		0.93		
Energy	kcal	353		0	LC	8		109		
Energy	kJ	1477		0	LC	8		458		
Protein	g	14.44		0	FLC	4		4.48		
Total lipid (fat)	g	1.41		0	LC	8		0.44		
Ash	g	3.00		0	FLC	4		0.93		
Carbohydrate, by difference	g	78.15		0	NC	4		24.23		
Fiber, total dietary	g	14.1		0	LC	8		4.4		
Sugars, total	g	1.86		0	FLC	4		0.58		
Starch	g									
Minerals:										
* Calcium, Ca	mg	71		0	LC	8		22		
Iron, Fe	mg	2.54		0	LC	8		0.79		
Magnesium, Mg	mg	144		0	FLC	4		45		
Phosphorus, P	mg	327		0	FLC	4		101		
Potassium, K	mg	460		0	FLC	4		143		
Sodium, Na	mg	53		0	FLC	4		16		
Zinc, Zn	mg	2.89		0	FLC	4		0.90		
Copper, Cu	mg	0.478		0	FLC	4		0.148		
Manganese, Mn	mg	3.229		0	FLC	4		1.001		
Selenium, Se	mcg	19.0		0	RA	4		5.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	4.2		0	LC	8		1.3		
* Thiamin	mg	0.529		0	LC	8		0.164		
* Riboflavin	mg	0.600		0	LC	8		0.186		
* Niacin	mg	7.055		0	LC	8		2.187		
Pantothenic acid	mg	0.733		0	FLC	4		0.227		
Vitamin B-6	mg	0.705		0	LC	8		0.219		
* Folate, total	mcg	141		0	LC	8		44		
Folic acid	mcg	122		0	NC	4		38		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	226		0	NC	4		70		
Choline, total	mg	36.0		0	FLM	4		11.2		
Betaine	mg									
* Vitamin B-12	mcg	2.12		0	LC	8		0.66		
* Vitamin B-12, added	mcg	2.12		0	NR	4		0.66		
Vitamin A, RAE	mcg_RAE	106		0	NC	4		33		
Retinol	mcg	106		0	NC	4		33		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	353		0	LC	8		109		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.99		0	FLM	4		0.31		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.2		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.261		0	FLC	4		0.081		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08290
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.003		0	FLM	4		0.001		
13:0....g									
14:0....g	0.003		0	FLM	4		0.001		
15:0....g									
16:0....g	0.224		0	FLM	4		0.069		
17:0....g									
18:0....g	0.014		0	FLM	4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.244		0	FLC	4		0.076		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.241		0	FLM	4		0.075		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0	FLC	4		0.189		
18:2 undifferentiated....g	0.574		0	FLM	4		0.178		
18:3 undifferentiated....g	0.035		0	FLM	4		0.011		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08242
Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		0	MC	9		1.76		
Energy	kcal	371		0	MC	9		204		
Energy	kJ	1552		0		9		854		
Protein	g	7.70		0	MC	9		4.24		
Total lipid (fat)	g	2.70		0	MC	9		1.49		
Ash	g	2.60		0	MC	9		1.43		
Carbohydrate, by difference	g	83.70		0	MC	9		46.04		
Fiber, total dietary	g	5.1		0	MC	9		2.8		
Sugars, total	g	21.20		0	MC	9		11.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0	MC	9		14		
* Iron, Fe	mg	29.50		0	MC	9		16.23		
Magnesium, Mg	mg	62		0	MC	9		34		
Phosphorus, P	mg	193		0	MC	9		106		
Potassium, K	mg	220		0	MC	9		121		
Sodium, Na	mg	614		0	MC	9		338		
Zinc, Zn	mg	1.60		0	MC	9		0.88		
Copper, Cu	mg	0.100		0	MC	9		0.055		
Manganese, Mn	mg	2.089		0	FLC	4		1.149		
Selenium, Se	mcg	5.1		0	RA	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.700		0	MC	9		0.385		
* Riboflavin	mg	0.800		0	MC	9		0.440		
* Niacin	mg	9.100		0	MC	9		5.005		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	mg	0.900		0	MC	9		0.495		
* Folate, total	mcg	186		0	MC	9		102		
Folic acid	mcg	167		0	NC	4		92		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	303		0	NC	4		167		
Choline, total	mg	19.0		0	O	4		10.5		
Betaine	mg									
* Vitamin B-12	mcg	2.70		0	MC	9		1.49		
* Vitamin B-12, added	mcg	2.70		0	NR	4		1.49		
Vitamin A, RAE	mcg_RAE	683		0	NC	4		376		
Retinol	mcg	683		0	NR	4		376		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	2273		0	MC	9		1250		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)	mg	2.68		0	MC	9		1.48		
* Vitamin E, added	mg	2.68		0	NR	4		1.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.9		0	O	4		1.6		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.110		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 08242
Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.001		0	FLC	4		0.001		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.002		0	FLC	4		0.001		
13:0....g									
14:0....g	0.002		0	FLC	4		0.001		
15:0....g									
16:0....g	0.163		0	FLC	4		0.090		
17:0....g									
18:0....g	0.014		0	FLC	4		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.500		0	MC	9		0.275		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLC	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.475		0	FLC	4		0.261		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.900		0	MC	9		1.045		
18:2 undifferentiated....g	1.749		0	FLC	4		0.962		
18:3 undifferentiated....g	0.073		0	FLC	4		0.040		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08537

Cereals ready-to-eat, KASHI 7 Whole Grain Flakes

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		0	MC	9		1.70		
Energy	kcal	350		0	MC	9		175		
Energy	kJ	1464		0	MC	9		732		
Protein (N x 6.25)	g	11.00		0	MC	9		5.50		
Total lipid (fat)	g	1.95		0	MC	9		0.98		
Ash	g	1.85		0	MC	9		0.93		
Carbohydrate, by difference	g	81.80		0	MC	9		40.90		
Fiber, total dietary	g	11.3		0	MC	9		5.7		
Sugars, total	g	8.60		0	MC	9		4.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	MC	9		15		
Iron, Fe	mg	3.00		0	MC	9		1.50		
Magnesium, Mg	mg	99		0	MC	9		50		
Phosphorus, P	mg	285		0	MC	9		143		
Potassium, K	mg	319		0	MC	9		160		
Sodium, Na	mg	303		0	MC	9		152		
Zinc, Zn	mg	2.50		0	MC	9		1.25		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.200		
Fatty acids, total monounsaturated	g	0.400		0	MC	9		0.200		
Fatty acids, total polyunsaturated	g	1.200		0	MC	9		0.600		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08537

Cereals ready-to-eat, KASHI 7 Whole Grain Flakes

Measure 1 = 50g: 1 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08389

Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.90		
Energy ... kcal	381		0	NC	4		114		
Energy ... kJ	1594		0	NC	4		478		
Protein (N x 6.25) ... g	10.00		0	MC	9		3.00		
Total lipid (fat) ... g	3.30		0	MC	9		0.99		
Ash ... g	1.20		0	NC	4		0.36		
Carbohydrate, by difference ... g	82.50		0	MC	9		24.75		
Fiber, total dietary ... g	6.7		0	MC	9		2.0		
Sugars, total ... g	23.00		0	MC	9		6.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	29		0	FLM	4		9		
Iron, Fe ... mg	2.35		0	FLM	4		0.71		
Magnesium, Mg ... mg	114		0	FLM	4		34		
Phosphorus, P ... mg	264		0	MC	9		79		
Potassium, K ... mg	264		0	MC	9		79		
Sodium, Na ... mg	20		0	MC	9		6		
Zinc, Zn ... mg	2.51		0	FLM	4		0.75		
Copper, Cu ... mg	0.374		0	FLM	4		0.112		
Manganese, Mn ... mg	3.151		0	FLM	4		0.945		
Selenium, Se ... mcg	28.3		0	FLM	4		8.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.100		0	FLM	4		0.030		
Riboflavin ... mg	0.121		0	FLM	4		0.036		
Niacin ... mg	2.600		0	MC	9		0.780		
Pantothenic acid ... mg	0.968		0	FLM	4		0.290		
Vitamin B-6 ... mg	0.236		0	FLM	4		0.071		
Folate, total ... mcg	26		0	FLM	4		8		
Folic acid ... mcg	0		0	FLM	4		0		
Folate, food ... mcg	26		0	FLM	4		8		
Folate, DFE ... mcg_DFE	26		0	NC	4		8		
Choline, total ... mg	30.4		0	AS	1		9.1		
Betaine ... mg	67.5		1	A	1		20.3		
Vitamin B-12 ... mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	FLM	4		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	2		0	MC	9		1		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	135		0	FLM	4		41		
Vitamin E (alpha-tocopherol) ... mg	0.84		0	FLM	4		0.25		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	2.0		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated ... g	0.359		0	FLM	4		0.108		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08389

Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.009		0	FLM	4		0.003		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.004		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.320		0	FLM	4		0.096		
17:0 ... g									
18:0 ... g	0.022		0	FLM	4		0.007		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.558		0	FLM	4		0.167		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.544		0	FLM	4		0.163		
20:1 ... g	0.003		0	FLM	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.866		0	FLM	4		0.260		
18:2 undifferentiated ... g	0.814		0	FLM	4		0.244		
18:3 undifferentiated ... g	0.052		0	FLM	4		0.016		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08567

Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		1.74		
Energy....kcal	356		0	MC	9		206		
Energy....kJ	1490		0	MC	9		864		
Protein (N x 6.25)....g	11.80		0	MC	9		6.84		
Total lipid (fat)....g	2.80		0	MC	9		1.62		
Ash....g	1.40		0	MC	9		0.81		
Carbohydrate, by difference....g	81.00		0	MC	9		46.98		
Fiber, total dietary....g	11.7		0	MC	9		6.8		
Sugars, total....g	5.00		0	MC	9		2.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0	MC	9		24		
Iron, Fe....mg	24.00		0	MC	9		13.92		
Magnesium, Mg....mg	84		0	MC	9		49		
Phosphorus, P....mg	271		0	MC	9		157		
Potassium, K....mg									
Sodium, Na....mg	448		0	MC	9		260		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.348		
Fatty acids, total monounsaturated....g	0.600		0	MC	9		0.348		
Fatty acids, total polyunsaturated....g	1.600		0	MC	9		0.928		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08567

Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets

Measure 1 = 58g: .5 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08560

Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.50		0	MC	9		1.86		
Energy ... kcal	381		0	MC	9		202		
Energy ... kJ	1594		0	MC	9		845		
Protein (N x 6.25) ... g	16.60		0	MC	9		8.80		
Total lipid (fat) ... g	8.30		0	MC	9		4.40		
Ash ... g	4.60		0	MC	9		2.44		
Carbohydrate, by difference ... g	67.00		0	MC	9		35.51		
Fiber, total dietary ... g	16.2		0	MC	9		8.6		
Sugars, total ... g	23.00		0	MC	9		12.19		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	101		0	MC	9		54		
Iron, Fe ... mg	3.00		0	MC	9		1.59		
Magnesium, Mg ... mg	72		0	MC	9		38		
Phosphorus, P ... mg	207		0	MC	9		110		
Potassium, K ... mg	486		0	MC	9		258		
Sodium, Na ... mg	261		0	MC	9		138		
Zinc, Zn ... mg	0.80		0	MC	9		0.42		
Copper, Cu ... mg	0.520		0	FLM	4		0.276		
Manganese, Mn ... mg									
Selenium, Se ... mcg	13.3		0	FLM	4		7.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.161		0	FLM	4		0.086		
Riboflavin ... mg	0.208		0	FLM	4		0.110		
Niacin ... mg	1.642		0	FLM	4		0.870		
Pantothenic acid ... mg	0.560		0	FLM	4		0.297		
Vitamin B-6 ... mg	0.151		0	FLM	4		0.080		
Folate, total ... mcg	45		0	FLM	4		24		
Folic acid ... mcg	0		0	FLM	4		0		
Folate, food ... mcg	45		0	FLM	4		24		
Folate, DFE ... mcg_DFE	45		0	NC	4		24		
Choline, total ... mg	46.8		0	FLM	4		24.8		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added ... mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... mcg_RAE	1		0	NC	4		0		
Retinol ... mcg	0		0	FLM	4		0		
Carotene, beta ... mcg	10		0	NR	4		5		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	17		0	MC	9		9		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	68		0	FLM	4		36		
Vitamin E (alpha-tocopherol) ... mg	3.74		0	FLM	4		1.98		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	FLM	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	FLM	4		0		
Vitamin K (phylloquinone) ... mcg	1.1		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated ... g	0.700		0	MC	9		0.371		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08560

Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.002		0	FLM	4		0.001		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.003		0	FLM	4		0.002		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.571		0	FLM	4		0.303		
17:0 ... g									
18:0 ... g	0.105		0	FLM	4		0.056		
20:0 ... g	0.003		0	FLM	4		0.002		
22:0 ... g	0.001		0	FLM	4		0.001		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	4.100		0	MC	9		2.173		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.033		0	FLM	4		0.017		
17:1 ... g									
18:1 undifferentiated ... g	4.058		0	FLM	4		2.151		
20:1 ... g	0.006		0	FLM	4		0.003		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	3.500		0	MC	9		1.855		
18:2 undifferentiated ... g	3.270		0	FLM	4		1.733		
18:3 undifferentiated ... g	0.230		0	FLM	4		0.122		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.001		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08393
Cereals ready-to-eat, KASHI GOLEAN

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		1.14		
Energy	kcal	284		0	MC	9		148		
Energy	kJ	1188		0	MC	9		618		
Protein (N x 6.25)	g	26.10		0	MC	9		13.57		
Total lipid (fat)	g	1.90		0	MC	9		0.99		
Ash	g	12.00		0	MC	9		6.24		
Carbohydrate, by difference	g	58.00		0	MC	9		30.16		
Fiber, total dietary	g	19.6		0	MC	9		10.2		
Sugars, total	g	12.00		0	MC	9		6.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	140		0	MC	9		73		
Iron, Fe	mg	5.00		0	MC	9		2.60		
Magnesium, Mg	mg	165		0	MC	9		86		
Phosphorus, P	mg	475		0	MC	9		247		
Potassium, K	mg	926		0	MC	9		482		
Sodium, Na	mg	165		0	MC	9		86		
Zinc, Zn	mg	0.70		0	MC	9		0.36		
Copper, Cu	mg	2.091		0	FLM	4		1.087		
Manganese, Mn	mg	2.299		0	FLM	4		1.195		
Selenium, Se	mcg	11.6		0	FLM	4		6.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	0.415		0	FLM	4		0.216		
Riboflavin	mg	0.170		0	FLM	4		0.089		
Niacin	mg	2.305		0	FLM	4		1.199		
Pantothenic acid	mg	1.324		0	FLM	4		0.688		
Vitamin B-6	mg	0.420		0	FLM	4		0.218		
Folate, total	mcg	43		0	RA	4		22		
Folic acid	mcg	0		0	RA	4		0		
Folate, food	mcg	43		0	RA	4		22		
Folate, DFE	mcg_DFE	43		0	NC	4		22		
Choline, total	mg	64.0		0	FLM	4		33.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		3		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	47		0	FLM	4		25		
Carotene, alpha	mcg	21		0	FLM	4		11		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	97		0	MC	9		50		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	413		0	FLM	4		215		
Vitamin E (alpha-tocopherol)	mg	0.36		0	FLM	4		0.19		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		1.3		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.208		

NDB No. 08393
Cereals ready-to-eat, KASHI GOLEAN

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.001		
13:0....g									
14:0....g	0.003		0	FLM	4		0.002		
15:0....g									
16:0....g	0.282		0	FLM	4		0.147		
17:0....g									
18:0....g	0.046		0	FLM	4		0.024		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.400		0	MC	9		0.208		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.357		0	FLM	4		0.186		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.100		0	MC	9		0.572		
18:2 undifferentiated....g	0.934		0	FLM	4		0.486		
18:3 undifferentiated....g	0.065		0	FLM	4		0.034		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08386

Cereals ready-to-eat, KASHI GOLEAN CRUNCH!

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		2.12		
Energy....kcal	377		0	MC	9		200		
Energy....kJ	1577		0	MC	9		836		
Protein (N x 6.25)....g	17.50		0	MC	9		9.28		
Total lipid (fat)....g	5.80		0	MC	9		3.07		
Ash....g	4.80		0	MC	9		2.54		
Carbohydrate, by difference....g	67.90		0	MC	9		35.99		
Fiber, total dietary....g	15.2		0	MC	9		8.1		
Sugars, total....g	24.60		0	MC	9		13.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	87		0	MC	9		46		
Iron, Fe....mg	3.50		0	MC	9		1.86		
Magnesium, Mg....mg	83		0	MC	9		44		
Phosphorus, P....mg	213		0	MC	9		113		
Potassium, K....mg	566		0	MC	9		300		
Sodium, Na....mg	385		0	MC	9		204		
Zinc, Zn....mg	0.90		0	MC	9		0.48		
Copper, Cu....mg	0.300		0	MC	9		0.159		
Manganese, Mn....mg	0.120		0	MC	9		0.064		
Selenium, Se....mcg	21.0		0	FLM	4		11.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.060		0	MC	9		0.032		
Riboflavin....mg	0.030		0	MC	9		0.016		
Niacin....mg	0.300		0	MC	9		0.159		
Pantothenic acid....mg	0.657		0	FLM	4		0.348		
Vitamin B-6....mg	0.030		0	MC	9		0.016		
Folate, total....mcg	45		0	NC	4		24		
* Folic acid....mcg	2		0	MC	9		1		
Folate, food....mcg	43		0	RA	4		23		
Folate, DFE....mcg_DFE	46		0	NC	4		24		
Choline, total....mg	46.8		0	FLM	4		24.8		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	3		0	FLM	4		1		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	2		0	FLM	4		1		
Vitamin A, IU....IU	9		0	MC	9		5		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	93		0	FLM	4		49		
Vitamin E (alpha-tocopherol)....mg	0.54		0	MC	9		0.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	6.5		0	FLM	4		3.4		
Lipids:									
Fatty acids, total saturated....g	0.470		0	MC	9		0.249		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08386
Cereals ready-to-eat, KASHI GOLEAN CRUNCH!

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.003		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0	FLM	4		0.001		
13:0....g									
14:0....g	0.002		0	FLM	4		0.001		
15:0....g									
16:0....g	0.257		0	FLM	4		0.136		
17:0....g									
18:0....g	0.063		0	FLM	4		0.033		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.230		0	MC	9		1.712		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	FLM	4		0.008		
17:1....g									
18:1 undifferentiated....g	2.920		0	FLM	4		1.547		
20:1....g	0.078		0	FLM	4		0.041		
22:1 undifferentiated....g	0.027		0	FLM	4		0.014		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.100		0	MC	9		1.113		
18:2 undifferentiated....g	1.389		0	FLM	4		0.736		
18:3 undifferentiated....g	0.424		0	FLM	4		0.225		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08563

Cereals ready-to-eat, KASHI GRANOLA, COCOA BEACH Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		2.20		
Energy....kcal	410		0	MC	9		226		
Energy....kJ	1715		0	MC	9		943		
Protein (N x 6.25)....g	11.00		0	MC	9		6.05		
Total lipid (fat)....g	16.70		0	MC	9		9.19		
Ash....g	7.30		0	MC	9		4.02		
Carbohydrate, by difference....g	61.00		0	MC	9		33.55		
Fiber, total dietary....g	12.7		0	MC	9		7.0		
Sugars, total....g	19.80		0	MC	9		10.89		
Starch....g									
Minerals:									
Calcium, Ca....mg	51		0	MC	9		28		
Iron, Fe....mg	2.70		0	MC	9		1.49		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	272		0	MC	9		150		
Sodium, Na....mg	214		0	MC	9		118		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	11		0	MC	9		6		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.200		0	MC	9		1.760		
Fatty acids, total monounsaturated....g	8.100		0	MC	9		4.455		
Fatty acids, total polyunsaturated....g	5.400		0	MC	9		2.970		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08563

Cereals ready-to-eat, KASHI GRANOLA, COCOA BEACH Cereal

Measure 1 = 55g: .5 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08566

Cereals ready-to-eat, KASHI GRANOLA, Mountain Medley Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		1.65		
Energy....kcal	397		0	MC	9		218		
Energy....kJ	1661		0	MC	9		914		
Protein (N x 6.25)....g	11.00		0	MC	9		6.05		
Total lipid (fat)....g	13.00		0	MC	9		7.15		
Ash....g	6.50		0	MC	9		3.58		
Carbohydrate, by difference....g	66.50		0	MC	9		36.58		
Fiber, total dietary....g	11.5		0	MC	9		6.3		
Sugars, total....g	22.00		0	MC	9		12.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	MC	9		18		
Iron, Fe....mg	2.30		0	MC	9		1.27		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	255		0	MC	9		140		
Sodium, Na....mg	200		0	MC	9		110		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.100		0	MC	9		1.155		
Fatty acids, total monounsaturated....g	7.200		0	MC	9		3.960		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		2.035		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08566

Cereals ready-to-eat, KASHI GRANOLA, Mountain Medley Cereal

Measure 1 = 55g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08564

Cereals ready-to-eat, KASHI GRANOLA, ORCHARD SPICE CEREAL

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		1.65		
Energy....kcal	403		0	MC	9		222		
Energy....kJ	1686		0	MC	9		927		
Protein (N x 6.25)....g	11.00		0	MC	9		6.05		
Total lipid (fat)....g	13.40		0	MC	9		7.37		
Ash....g	5.60		0	MC	9		3.08		
Carbohydrate, by difference....g	67.00		0	MC	9		36.85		
Fiber, total dietary....g	11.4		0	MC	9		6.3		
Sugars, total....g	20.00		0	MC	9		11.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		0	MC	9		22		
Iron, Fe....mg	2.40		0	MC	9		1.32		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	279		0	MC	9		153		
Sodium, Na....mg	234		0	MC	9		129		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.700		0	MC	9		0.935		
Fatty acids, total monounsaturated....g	6.990		0	MC	9		3.845		
Fatty acids, total polyunsaturated....g	4.700		0	MC	9		2.585		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08564

Cereals ready-to-eat, KASHI GRANOLA, ORCHARD SPICE CEREAL

Measure 1 = 55g: .5 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08565

Cereals ready-to-eat, KASHI GRANOLA, Summer Berry Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		2.20		
Energy....kcal	390		0	MC	9		215		
Energy....kJ	1632		0	MC	9		898		
Protein (N x 6.25)....g	12.00		0	MC	9		6.60		
Total lipid (fat)....g	11.60		0	MC	9		6.38		
Ash....g	5.80		0	MC	9		3.19		
Carbohydrate, by difference....g	66.60		0	MC	9		36.63		
Fiber, total dietary....g	12.4		0	MC	9		6.8		
Sugars, total....g	17.00		0	MC	9		9.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	MC	9		21		
Iron, Fe....mg	2.60		0	MC	9		1.43		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	235		0	MC	9		129		
Sodium, Na....mg	240		0	MC	9		132		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	8		0	MC	9		4		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.600		0	MC	9		0.880		
Fatty acids, total monounsaturated....g	5.500		0	MC	9		3.025		
Fatty acids, total polyunsaturated....g	4.500		0	MC	9		2.475		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08565

Cereals ready-to-eat, KASHI GRANOLA, Summer Berry Cereal

Measure 1 = 55g: .5 cup (1 NLEA serving)

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08390

Cereals ready-to-eat, KASHI Good Friends

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		1.06		
Energy....kcal	316		0	MC	9		167		
Energy....kJ	1322		0	MC	9		701		
Protein (N x 6.25)....g	9.40		0	MC	9		4.98		
Total lipid (fat)....g	3.60		0	MC	9		1.91		
Ash....g	3.20		0	MC	9		1.70		
Carbohydrate, by difference....g	81.80		0	MC	9		43.35		
Fiber, total dietary....g	22.2		0	MC	9		11.8		
Sugars, total....g	17.00		0	MC	9		9.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0	MC	9		18		
Iron, Fe....mg	3.00		0	MC	9		1.59		
Magnesium, Mg....mg	114		0	MC	9		60		
Phosphorus, P....mg	236		0	MC	9		125		
Potassium, K....mg	495		0	MC	9		262		
Sodium, Na....mg	244		0	MC	9		129		
Zinc, Zn....mg	2.65		0	FLM	4		1.41		
Copper, Cu....mg	0.387		0	FLM	4		0.205		
Manganese, Mn....mg	3.398		0	FLM	4		1.801		
Selenium, Se....mcg	30.9		0	FLM	4		16.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0		
Thiamin....mg	0.200		1	MC	9		0.106		
Riboflavin....mg	0.110		1	MC	9		0.058		
Niacin....mg	4.000		1	MC	9		2.120		
Pantothenic acid....mg	1.010		0	FLM	4		0.535		
Vitamin B-6....mg	0.270		1	MC	9		0.143		
Folate, total....mcg	43		0	RA	4		23		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	43		0	RA	4		23		
Folate, DFE....mcg_DFE	43		0	NC	4		23		
Choline, total....mg	26.1		0	FLM	4		13.9		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	6		0	NC	4		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	54		0	FLM	4		29		
Carotene, alpha....mcg	33		0	FLM	4		18		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	119		0	MC	9		63		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	479		0	FLM	4		254		
* Vitamin E (alpha-tocopherol)....mg	0.84		0	FLM	4		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	2.9		0	FLM	4		1.5		
Lipids:									
Fatty acids, total saturated....g	0.400		0	MC	9		0.212		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08390
Cereals ready-to-eat, KASHI Good Friends

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.001		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.003		0	FLM	4		0.002		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.002		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.298		0	FLM	4		0.158		
17:0 ... g	0.001		0	FLM	4		0.000		
18:0 ... g	0.045		0	FLM	4		0.024		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.000		0	MC	9		0.530		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.959		0	FLM	4		0.508		
20:1 ... g	0.011		0	FLM	4		0.006		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.700		0	MC	9		0.901		
18:2 undifferentiated ... g	1.431		0	FLM	4		0.759		
18:3 undifferentiated ... g	0.177		0	FLM	4		0.094		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08387

Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.80		0	MC	9		0.92		
Energy ... kcal	358		0	MC	9		118		
Energy ... kJ	1498		0	MC	9		494		
Protein (N x 6.25) ... g	13.00		0	MC	9		4.29		
Total lipid (fat) ... g	5.10		0	MC	9		1.68		
Ash ... g	3.10		0	MC	9		1.02		
Carbohydrate, by difference ... g	76.00		0	MC	9		25.08		
Fiber, total dietary ... g	14.1		0	MC	9		4.7		
Sugars, total ... g	14.00		0	MC	9		4.62		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	MC	9		8		
Iron, Fe ... mg	5.50		0	MC	9		1.82		
Magnesium, Mg ... mg	26		0	MC	9		9		
Phosphorus, P ... mg	99		0	MC	9		33		
Potassium, K ... mg	310		0	MC	9		102		
Sodium, Na ... mg	238		0	MC	9		79		
Zinc, Zn ... mg	4.50		0	MC	9		1.49		
Copper, Cu ... mg	0.304		0	FLM	4		0.100		
Manganese, Mn ... mg									
Selenium, Se ... mcg	28.4		0	FLM	4		9.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	91.0		0	MC	9		30.0		
Thiamin ... mg	0.496		0	FLM	4		0.164		
Riboflavin ... mg	0.185		0	FLM	4		0.061		
Niacin ... mg	1.818		0	FLM	4		0.600		
Pantothenic acid ... mg	0.651		0	FLM	4		0.215		
Vitamin B-6 ... mg	6.100		0	MC	9		2.013		
* Folate, total ... mcg	1212		0	MC	9		400		
* Folic acid ... mcg	1169		0	NR	4		386		
Folate, food ... mcg	43		0	FLM	4		14		
Folate, DFE ... mcg_DFE	2030		0	NC	4		670		
Choline, total ... mg	53.5		0	FLM	4		17.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	18.20		0	MC	9		6.01		
* Vitamin B-12, added ... mcg	10.90		0	NR	4		3.60		
* Vitamin A, RAE ... mcg_RAE	189		0	NC	4		63		
Retinol ... mcg	0		0	Z	7		0		
* Carotene, beta ... mcg	2266		0	FLM	4		748		
Carotene, alpha ... mcg	14		0	FLM	4		5		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3787		0	LC	8		1250		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	40.95		0	MC	9		13.51		
* Vitamin E, added ... mg	37.50		0	NR	4		12.38		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.9		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated ... g	0.900		0	MC	9		0.297		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08387

Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.007		0	FLM	4		0.002		
13:0....g									
14:0....g	0.007		0	FLM	4		0.002		
15:0....g									
16:0....g	0.798		0	FLM	4		0.263		
17:0....g									
18:0....g	0.050		0	FLM	4		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.300		0	MC	9		0.429		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLM	4		0.004		
17:1....g									
18:1 undifferentiated....g	1.087		0	FLM	4		0.359		
20:1....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.900		0	MC	9		0.957		
18:2 undifferentiated....g	1.080		0	FLM	4		0.356		
18:3 undifferentiated....g	0.084		0	FLM	4		0.028		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08541

Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0	MC	9		0.92		
Energy	kcal	353		0	MC	9		116		
Energy	kJ	1477		0	MC	9		487		
Protein (N x 6.25)	g	17.00		0	MC	9		5.61		
Total lipid (fat)	g	4.00		0	MC	9		1.32		
Ash	g	7.20		0	MC	9		2.38		
Carbohydrate, by difference	g	69.00		0	MC	9		22.77		
Fiber, total dietary	g	9.0		0	MC	9		3.0		
Sugars, total	g	17.00		0	MC	9		5.61		
Starch	g									
Minerals:										
* Calcium, Ca	mg	455		0	MC	9		150		
* Iron, Fe	mg	30.00		0	MC	9		9.90		
Magnesium, Mg	mg	121		0	MC	9		40		
Phosphorus, P	mg	340		0	MC	9		112		
Potassium, K	mg	330		0	MC	9		109		
Sodium, Na	mg	482		0	MC	9		159		
* Zinc, Zn	mg	11.40		0	MC	9		3.76		
Copper, Cu	mg	0.000		0	MC	9		0.000		
Manganese, Mn	mg	0.000		0	MC	9		0.000		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	46.0		0	MC	9		15.2		
* Thiamin	mg	1.100		0	MC	9		0.363		
* Riboflavin	mg	1.300		0	MC	9		0.429		
* Niacin	mg	15.200		0	MC	9		5.016		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	1.500		0	MC	9		0.495		
Folate, total	mcg	303		0	MC	9		100		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	4.50		0	MC	9		1.49		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	1515		0	MC	9		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
* Vitamin E (alpha-tocopherol)	mg	6.10		0	MC	9		2.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.0		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	121		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.264		
Fatty acids, total monounsaturated	g	1.600		0	MC	9		0.528		
Fatty acids, total polyunsaturated	g	1.600		0	MC	9		0.528		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08541

Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08539

Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.90		0	MC	9		3.19		
Energy....kcal	340		0	MC	9		184		
Energy....kJ	1423		0	MC	9		768		
Protein (N x 6.25)....g	8.30		0	MC	9		4.48		
Total lipid (fat)....g	2.00		0	MC	9		1.08		
Ash....g	2.80		0	MC	9		1.51		
Carbohydrate, by difference....g	81.00		0	MC	9		43.74		
Fiber, total dietary....g	10.3		0	MC	9		5.6		
Sugars, total....g	16.50		0	MC	9		8.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	MC	9		0		
Iron, Fe....mg	2.80		0	MC	9		1.51		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	313		0	MC	9		169		
Sodium, Na....mg	10		0	MC	9		5		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.400		0	MC	9		0.216		
Fatty acids, total monounsaturated....g	0.400		0	MC	9		0.216		
Fatty acids, total polyunsaturated....g	1.200		0	MC	9		0.648		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08539

Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST

Measure 1 = 54g: 1 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08467
Cereals ready-to-eat, KASHI ORGANIC PROMISE CRANBERRY SUNSHINE

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.87		
Energy....kcal	401		0	NC	4		116		
Energy....kJ	1678		0	NC	4		487		
Protein (N x 6.25)....g	5.50		0	MC	9		1.60		
Total lipid (fat)....g	3.00		0	MC	9		0.87		
Ash....g	1.10		0	MC	9		0.32		
Carbohydrate, by difference....g	88.00		0	MC	9		25.52		
Fiber, total dietary....g	9.9		0	MC	9		2.9		
Sugars, total....g	25.00		0	MC	9		7.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.40		0	MC	9		0.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	286		0	MC	9		83		
Sodium, Na....mg	71		0	MC	9		21		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.500		0	MC	9		0.145		
Fatty acids, total monounsaturated....g	0.800		0	MC	9		0.232		
Fatty acids, total polyunsaturated....g	1.700		0	MC	9		0.493		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08463

Cereals ready-to-eat, KASHI ORGANIC PROMISE STRAWBERRY FIELDS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.40		0	MC	9		0.77		
Energy....kcal	369		0	MC	9		118		
Energy....kJ	1544		0	MC	9		494		
Protein (N x 6.25)....g	7.80		0	MC	9		2.50		
Total lipid (fat)....g	0.43		0	MC	9		0.14		
Ash....g	2.27		0	MC	9		0.73		
Carbohydrate, by difference....g	87.10		0	MC	9		27.87		
Fiber, total dietary....g	3.5		0	MC	9		1.1		
Sugars, total....g	29.30		0	MC	9		9.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	MC	9		5		
Iron, Fe....mg	1.46		0	MC	9		0.47		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	122		0	MC	9		39		
Sodium, Na....mg	625		0	MC	9		200		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.5		0	MC	9		7.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	18		0	MC	9		6		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated....g	0.000		0	MC	9		0.000		
Fatty acids, total polyunsaturated....g	0.000		0	MC	9		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08463

Cereals ready-to-eat, KASHI ORGANIC PROMISE STRAWBERRY FIELDS

Measure 1 = 32g: 1 cup (1 NLEA serving)

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08461

Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00		0	MC	9		2.50		
Energy....kcal	330		0	MC	9		165		
Energy....kJ	1381		0	MC	9		690		
Protein (N x 6.25)....g	7.90		0	MC	9		3.95		
Total lipid (fat)....g	2.80		0	MC	9		1.40		
Ash....g	2.30		0	MC	9		1.15		
Carbohydrate, by difference....g	82.00		0	MC	9		41.00		
Fiber, total dietary....g	15.1		0	MC	9		7.6		
Sugars, total....g	25.00		0	MC	9		12.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	MC	9		16		
Iron, Fe....mg	2.60		0	MC	9		1.30		
Magnesium, Mg....mg	62		0	MC	9		31		
Phosphorus, P....mg	136		0	MC	9		68		
Potassium, K....mg	442		0	MC	9		221		
Sodium, Na....mg	208		0	MC	9		104		
Zinc, Zn....mg	0.90		0	MC	9		0.45		
Copper, Cu....mg	0.314		0	FLM	4		0.157		
Manganese, Mn....mg	2.394		0	FLM	4		1.197		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg	0.395		0	FLM	4		0.198		
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	71		0	MC	9		36		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.78		0	FLM	4		0.39		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.1		0	FLM	4		1.5		
Lipids:									
Fatty acids, total saturated....g	0.400		0	MC	9		0.200		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.006		0	FLM	4		0.003		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0	FLM	4		0.001		
13:0....g	0.000		0	FLM	4		0.000		
14:0....g	0.005		0	FLM	4		0.002		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	0.322		0	FLM	4		0.161		

NDB No. 08461
Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.047		0	FLM	4		0.024		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.000		0	MC	9		0.500		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.021		0	FLM	4		0.011		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	0.970		0	FLM	4		0.485		
20:1 ... g	0.005		0	FLM	4		0.003		
22:1 undifferentiated ... g	0.002		0	FLM	4		0.001		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	1.400		0	MC	9		0.700		
18:2 undifferentiated ... g	1.278		0	FLM	4		0.639		
18:3 undifferentiated ... g	0.117		0	FLM	4		0.058		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08538

Cereals ready-to-eat, KASHI, HEART TO HEART, Wild Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		1.65		
Energy....kcal	370		0	MC	9		204		
Energy....kJ	1548		0	MC	9		851		
Protein (N x 6.25)....g	10.90		0	MC	9		6.00		
Total lipid (fat)....g	4.70		0	MC	9		2.59		
Ash....g	5.40		0	MC	9		2.97		
Carbohydrate, by difference....g	76.00		0	MC	9		41.80		
Fiber, total dietary....g	7.0		0	MC	9		3.9		
Sugars, total....g	22.00		0	MC	9		12.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0	MC	9		25		
Iron, Fe....mg	3.30		0	MC	9		1.82		
Magnesium, Mg....mg	85		0	MC	9		47		
Phosphorus, P....mg	264		0	MC	9		145		
Potassium, K....mg	211		0	MC	9		116		
Sodium, Na....mg	241		0	MC	9		133		
* Zinc, Zn....mg	2.70		0	MC	9		1.49		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid....mg	54.5		0	MC	9		30.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
* Vitamin B-6....mg	3.600		0	MC	9		1.980		
* Folate, total....mcg	727		0	MC	9		400		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
* Vitamin B-12....mcg	10.90		0	MC	9		6.00		
Vitamin A, RAE....mcg_RAE	114		0	NC	4		63		
* Vitamin A, IU....IU	2288		0	NC	4		1259		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	36.52		0	MC	9		20.08		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	MC	9		0.495		
Fatty acids, total monounsaturated....g	1.200		0	MC	9		0.660		
Fatty acids, total polyunsaturated....g	2.600		0	MC	9		1.430		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08538

Cereals ready-to-eat, KASHI, HEART TO HEART, Wild Blueberry

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08462

Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.90		0	MC	9		2.11		
Energy ... kcal	353		0	MC	9		191		
Energy ... kJ	1477		0	MC	9		798		
Protein (N x 6.25) ... g	9.70		0	MC	9		5.24		
Total lipid (fat) ... g	2.10		0	MC	9		1.13		
Ash ... g	1.30		0	MC	9		0.70		
Carbohydrate, by difference ... g	83.00		0	MC	9		44.82		
Fiber, total dietary ... g	11.2		0	MC	9		6.0		
Sugars, total ... g	13.40		0	MC	9		7.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		0	MC	9		0		
Iron, Fe ... mg	2.90		0	MC	9		1.57		
Magnesium, Mg ... mg	81		0	MC	9		44		
Phosphorus, P ... mg	225		0	MC	9		122		
Potassium, K ... mg	334		0	MC	9		180		
Sodium, Na ... mg	0		0	MC	9		0		
Zinc, Zn ... mg	1.50		0	MC	9		0.81		
Copper, Cu ... mg	0.334		0	BFPN	4		0.180		
Manganese, Mn ... mg									
Selenium, Se ... mcg	54.4		0	BFPN	4		29.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.295		0	BFPN	4		0.159		
Riboflavin ... mg	0.088		0	BFPN	4		0.048		
Niacin ... mg	4.203		0	BFPN	4		2.270		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.231		0	BFPN	4		0.125		
Folate, total ... mcg	29		0	BFPN	4		16		
Folic acid ... mcg	0		0	BFPN	4		0		
Folate, food ... mcg	29		0	BFPN	4		16		
Folate, DFE ... mcg_DFE	29		0	NC	4		16		
Choline, total ... mg	24.0		0	BFPN	4		12.9		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added ... mcg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	BFPN	4		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.78		0	BFPN	4		0.42		
Vitamin E, added ... mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.4		0	BFPN	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	0.202		0	NC	4		0.109		
4:0 ... g	0.000		0	BFPN	4		0.000		

NDB No. 08462
Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFPN	4		0.000		
8:0....g	0.012		0	BFPN	4		0.006		
10:0....g	0.000		0	BFPN	4		0.000		
12:0....g	0.000		0	BFPN	4		0.000		
13:0....g									
14:0....g	0.001		0	BFPN	4		0.000		
15:0....g									
16:0....g	0.180		0	BFPN	4		0.097		
17:0....g									
18:0....g	0.010		0	BFPN	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.154		0	NC	4		0.083		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	BFPN	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.148		0	BFPN	4		0.080		
20:1....g	0.000		0	BFPN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFPN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.482		0	NC	4		0.260		
18:2 undifferentiated....g	0.462		0	BFPN	4		0.249		
18:3 undifferentiated....g	0.021		0	BFPN	4		0.011		
18:4....g	0.000		0	BFPN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFPN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFPN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFPN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFPN	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08464

Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		1.50		
Energy	kcal	356		0	MC	9		178		
Energy	kJ	1490		0	MC	9		745		
Protein (N x 6.25)	g	12.00		0	MC	9		6.00		
Total lipid (fat)	g	2.80		0	MC	9		1.40		
Ash	g	1.40		0	MC	9		0.70		
Carbohydrate, by difference	g	81.00		0	MC	9		40.50		
Fiber, total dietary	g	11.7		0	MC	9		5.9		
Sugars, total	g	5.00		0	MC	9		2.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	MC	9		21		
Iron, Fe	mg	23.00		0	MC	9		11.50		
Magnesium, Mg	mg	139		0	FLM	4		70		
Phosphorus, P	mg	298		0	FLM	4		149		
Potassium, K	mg	375		0	FLM	4		188		
Sodium, Na	mg	448		0	MC	9		224		
Zinc, Zn	mg	3.05		0	FLM	4		1.53		
Copper, Cu	mg	0.423		0	FLM	4		0.212		
Manganese, Mn	mg	3.837		0	FLM	4		1.918		
Selenium, Se	mcg	54.0		0	FLM	4		27.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	0.243		0	FLM	4		0.122		
Riboflavin	mg	0.170		0	FLM	4		0.085		
Niacin	mg	4.554		0	FLM	4		2.277		
Pantothenic acid	mg	1.096		0	FLM	4		0.548		
Vitamin B-6	mg	0.300		0	FLM	4		0.150		
Folate, total	mcg	32		0	FLM	4		16		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	32		0	FLM	4		16		
Folate, DFE	mcg_DFE	32		0	NC	4		16		
Choline, total	mg	32.4		0	FLM	4		16.2		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	8		0	FLM	4		4		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.88		0	FLM	4		0.44		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.300		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08464
Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.017		0	FLM	4		0.008		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0	FLM	4		0.001		
13:0....g									
14:0....g	0.004		0	FLM	4		0.002		
15:0....g									
16:0....g	0.360		0	FLM	4		0.180		
17:0....g									
18:0....g	0.022		0	FLM	4		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.600		0	MC	9		0.300		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLM	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.406		0	FLM	4		0.203		
20:1....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.600		0	MC	9		0.800		
18:2 undifferentiated....g	1.120		0	FLM	4		0.560		
18:3 undifferentiated....g	0.065		0	FLM	4		0.033		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08031

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.00		0	MC	9		3.06		
Energy ... kcal	343		0	MC	9		175		
Energy ... kJ	1435		0	MC	9		732		
Protein (N x 6.25) ... g	9.00		0	MC	9		4.59		
Total lipid (fat) ... g	1.60		0	MC	9		0.82		
Ash ... g	1.40		0	MC	9		0.71		
Carbohydrate, by difference ... g	82.00		0	MC	9		41.82		
Fiber, total dietary ... g	10.0		0	MC	9		5.1		
Sugars, total ... g	21.00		0	MC	9		10.71		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	33		0	MC	9		17		
* Iron, Fe ... mg	32.00		0	MC	9		16.32		
Magnesium, Mg ... mg	93		0	MC	9		47		
Phosphorus, P ... mg	300		0	MC	9		153		
Potassium, K ... mg	352		0	MC	9		180		
Sodium, Na ... mg	10		0	MC	9		5		
Zinc, Zn ... mg	3.00		0	MC	9		1.53		
Copper, Cu ... mg	0.000		0	MC	9		0.000		
Manganese, Mn ... mg	2.788		0	FLC	4		1.422		
Selenium, Se ... mcg	4.1	0.387	3	A	1		2.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	1.000		0	MC	9		0.510		
* Riboflavin ... mg	1.000		0	MC	9		0.510		
* Niacin ... mg	10.000		0	MC	9		5.100		
Pantothenic acid ... mg	0.739		0	FLC	4		0.377		
Vitamin B-6 ... mg	1.000		0	MC	9		0.510		
Folate, total ... mcg	201		0	MC	9		103		
* Folic acid ... mcg	182		0	NC	4		93		
Folate, food ... mcg	19		0	NC	4		10		
Folate, DFE ... mcg_DFE	328		0	NC	4		167		
Choline, total ... mg	20.0		0	NC	4		10.2		
Betaine ... mg									
* Vitamin B-12 ... mcg	3.00		0	MC	9		1.53		
* Vitamin B-12, added ... mcg	2.94		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	FLM	4		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.67		0	FLM	4		0.34		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.5		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	0.360		0	MC	9		0.184		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08031
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.020		0	FLM	4		0.010		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.003		0	FLM	4		0.002		
15:0....g									
16:0....g	0.303		0	FLM	4		0.155		
17:0....g									
18:0....g	0.017		0	FLM	4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.240		0	MC	9		0.122		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLM	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.227		0	FLM	4		0.116		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0	MC	9		0.510		
18:2 undifferentiated....g	0.947		0	FLM	4		0.483		
18:3 undifferentiated....g	0.049		0	FLM	4		0.025		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 5 biscuits (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08584
Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	BFZN	4		0.93		
Energy....kcal	387		1	LC	8		120		
Energy....kJ	1619		1	LC	8		502		
Protein....g	5.72		0	FLC	4		1.77		
Total lipid (fat)....g	5.67		0	FLC	4		1.76		
Ash....g	2.32		0	FLC	4		0.72		
Carbohydrate, by difference....g	83.29		0	NC	4		25.82		
Fiber, total dietary....g	3.4		0	FLC	4		1.1		
Sugars, total....g	30.26		0	FLC	4		9.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0	FLC	4		13		
* Iron, Fe....mg	26.13		1	LC	8		8.10		
Magnesium, Mg....mg	46		0	FLC	4		14		
Phosphorus, P....mg	127		0	FLC	4		39		
Potassium, K....mg	242		1	LC	8		75		
Sodium, Na....mg	581		1	LC	8		180		
Zinc, Zn....mg	1.16		0	FLC	4		0.36		
Copper, Cu....mg	0.200		0	FLC	4		0.062		
Manganese, Mn....mg	1.169		0	FLC	4		0.362		
Selenium, Se....mcg	18.2		0	FLC	4		5.6		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	67.7		1	LC	8		21.0		
* Thiamin....mg	1.694		1	LC	8		0.525		
* Riboflavin....mg	1.919		1	LC	8		0.595		
* Niacin....mg	22.581		1	LC	8		7.000		
Pantothenic acid....mg	0.551		0	FLC	4		0.171		
* Vitamin B-6....mg	2.258		1	LC	8		0.700		
* Folate, total....mcg	452		1	LC	8		140		
* Folic acid....mcg	433		0	NR	4		134		
Folate, food....mcg	19		0	BFZN	4		6		
Folate, DFE....mcg_DFE	754		0	NC	4		234		
Choline, total....mg	14.4		0	FLC	4		4.5		
Betaine....mg									
* Vitamin B-12....mcg	6.77		1	LC	8		2.10		
* Vitamin B-12, added....mcg	6.77		0	NR	4		2.10		
Vitamin A, RAE....mcg_RAE	726		0	NC	4		225		
* Retinol....mcg	726		0	NR	4		225		
Carotene, beta....mcg	1		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	2419		1	LC	8		750		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	33		0	FLC	4		10		
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLC	4		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.2		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	129		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	1.2		0	FLC	4		0.4		
Lipids:									
Fatty acids, total saturated....g	4.912		0	FLC	4		1.523		
4:0....g	0.089		0	FLC	4		0.028		

NDB No. 08584
Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.025		0	FLC	4		0.008		
8:0....g	0.032		0	FLC	4		0.010		
10:0....g	0.061		0	FLC	4		0.019		
12:0....g	0.063		0	FLC	4		0.020		
13:0....g									
14:0....g	0.300		0	FLC	4		0.093		
15:0....g									
16:0....g	2.341		0	FLC	4		0.726		
17:0....g									
18:0....g	1.970		0	FLC	4		0.611		
20:0....g	0.018		0	FLC	4		0.005		
22:0....g	0.002		0	FLC	4		0.001		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.076		0	FLC	4		0.024		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.004		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.066		0	FLC	4		0.020		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.076		0	FLC	4		0.024		
18:2 undifferentiated....g	0.067		0	FLC	4		0.021		
18:3 undifferentiated....g	0.008		0	FLC	4		0.002		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		0	FLC	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	3		0	FLC	4		1		
Theobromine....mg	33		0	FLC	4		10		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08459

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.12		
Energy	kcal	356		0	MC	9		185		
Energy	kJ	1490		0	MC	9		775		
Protein (N x 6.25)	g	8.00		0	MC	9		4.16		
Total lipid (fat)	g	1.50		0	MC	9		0.78		
Ash	g	2.50		0	MC	9		1.30		
Carbohydrate, by difference	g	82.00		0	MC	9		42.64		
Fiber, total dietary	g	9.6		0	MC	9		5.0		
Sugars, total	g	24.00		0	MC	9		12.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0	MC	9		17		
* Iron, Fe	mg	31.20		0	MC	9		16.22		
Magnesium, Mg	mg	88		0	MC	9		46		
Phosphorus, P	mg	285		0	MC	9		148		
Potassium, K	mg	338		0	MC	9		176		
Sodium, Na	mg	1		0	MC	9		1		
* Zinc, Zn	mg	2.90		0	MC	9		1.51		
Copper, Cu	mg	0.341		0	FLM	4		0.177		
Manganese, Mn	mg	2.933		0	FLM	4		1.525		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
* Thiamin	mg	0.700		0	MC	9		0.364		
* Riboflavin	mg	0.800		0	MC	9		0.416		
* Niacin	mg	9.600		0	MC	9		4.992		
Pantothenic acid	mg	0.724		0	FLM	4		0.376		
* Vitamin B-6	mg	1.000		0	MC	9		0.520		
* Folate, total	mcg	192		0	MC	9		100		
Folic acid	mcg	164		0	NC	4		85		
Folate, food	mcg	28		0	CAAN	4		15		
Folate, DFE	mcg_DFE	307		0	NC	4		160		
Choline, total	mg									
Betaine	mg									
* Vitamin B-12	mcg	2.90		0	MC	9		1.51		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.156		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.013		0	FLM	4		0.007		

NDB No. 08459

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.260		0	FLM	4		0.135		
17:0	g									
18:0	g	0.013		0	FLM	4		0.007		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.200		0	MC	9		0.104		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0	FLM	4		0.004		
17:1	g									
18:1 undifferentiated	g	0.192		0	FLM	4		0.100		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.000		0	MC	9		0.520		
18:2 undifferentiated	g	0.934		0	FLM	4		0.486		
18:3 undifferentiated	g	0.065		0	FLM	4		0.034		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 24 biscuit (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08458

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.87		
Energy ... kcal	368		0	MC	9		107		
Energy ... kJ	1540		0	MC	9		447		
Protein (N x 6.25) ... g	6.00		0	MC	9		1.74		
Total lipid (fat) ... g	1.20		0	MC	9		0.35		
Ash ... g	2.80		0	MC	9		0.81		
Carbohydrate, by difference ... g	87.00		0	MC	9		25.23		
Fiber, total dietary ... g	4.6		0	MC	9		1.3		
Sugars, total ... g	34.00		0	MC	9		9.86		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	26		0	MC	9		8		
* Iron, Fe ... mg	17.00		0	MC	9		4.93		
Magnesium, Mg ... mg	52		0	MC	9		15		
Phosphorus, P ... mg	181		0	MC	9		52		
Potassium, K ... mg	284		0	MC	9		82		
Sodium, Na ... mg	472		0	MC	9		137		
* Zinc, Zn ... mg	6.00		0	MC	9		1.74		
Copper, Cu ... mg	0.191		0	FLM	4		0.055		
Manganese, Mn ... mg	1.523		0	FLM	4		0.442		
Selenium, Se ... mcg	7.0		0	O	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.0		0	MC	9		1.2		
* Thiamin ... mg	1.500		0	MC	9		0.435		
* Riboflavin ... mg	1.600		0	MC	9		0.464		
* Niacin ... mg	18.100		0	MC	9		5.249		
Pantothenic acid ... mg	0.725		0	FLM	4		0.210		
Vitamin B-6 ... mg	1.900		0	MC	9		0.551		
Folate, total ... mcg	375		0	MC	9		109		
* Folic acid ... mcg	356		0	NR	4		103		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	624		0	NC	4		181		
Choline, total ... mg	12.6		0	FLM	4		3.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.60		0	MC	9		1.62		
* Vitamin B-12, added ... mcg	5.20		0	NR	4		1.51		
Vitamin A, RAE ... mcg_RAE	589		0	NC	4		171		
Retinol ... mcg	589		0	NC	4		171		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1963		0	MC	9		569		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.28		0	FLM	4		0.08		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.5		0	NR	4		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	138		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.6		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.087		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08458

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.003		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.005		0	FLM	4		0.002		
15:0....g									
16:0....g	0.264		0	FLM	4		0.077		
17:0....g									
18:0....g	0.019		0	FLM	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.300		0	MC	9		0.087		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.294		0	FLM	4		0.085		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	MC	9		0.174		
18:2 undifferentiated....g	0.512		0	FLM	4		0.149		
18:3 undifferentiated....g	0.088		0	FLM	4		0.025		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08468

Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FROOT LOOPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.80		
Energy ... kcal	394		0	MC	9		126		
Energy ... kJ	1648		0	MC	9		527		
Protein (N x 6.25) ... g	6.20		0	MC	9		1.98		
Total lipid (fat) ... g	3.40		0	MC	9		1.09		
Ash ... g	1.90		0	MC	9		0.61		
Carbohydrate, by difference ... g	86.00		0	MC	9		27.52		
Fiber, total dietary ... g	3.2		0	MC	9		1.0		
Sugars, total ... g	31.50		0	MC	9		10.08		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0	MC	9		5		
Iron, Fe ... mg	19.00		0	MC	9		6.08		
Magnesium, Mg ... mg	38		0	MC	9		12		
Phosphorus, P ... mg	92		0	MC	9		29		
Potassium, K ... mg	137		0	MC	9		44		
Sodium, Na ... mg	561		0	MC	9		180		
Zinc, Zn ... mg	6.00		0	MC	9		1.92		
Copper, Cu ... mg	0.146		0	FLM	4		0.047		
Manganese, Mn ... mg	0.825		0	FLM	4		0.264		
Selenium, Se ... mcg	8.8		0	BFZN	4		2.8		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	47.0		0	MC	9		15.0		
* Thiamin ... mg	1.600		0	MC	9		0.512		
* Riboflavin ... mg	1.800		0	MC	9		0.576		
* Niacin ... mg	21.000		0	MC	9		6.720		
Pantothenic acid ... mg	0.154		0	FLM	4		0.049		
* Vitamin B-6 ... mg	2.000		0	MC	9		0.640		
* Folate, total ... mcg	421		0	MC	9		135		
* Folic acid ... mcg	402		0	NC	4		129		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	702		0	NC	4		225		
Choline, total ... mg	6.9		0	FLM	4		2.2		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.60		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.60		
Vitamin A, RAE ... mcg_RAE	484		0	NC	4		155		
Retinol ... mcg	484		0	NR	4		155		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	1611		0	MC	9		516		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.34		0	FLM	4		0.11		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.1		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	125		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.0		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	1.400		0	MC	9		0.448		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08468

Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FROOT LOOPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.011		0	FLM	4		0.003		
13:0....g									
14:0....g	0.010		0	FLM	4		0.003		
15:0....g									
16:0....g	0.940		0	FLM	4		0.301		
17:0....g									
18:0....g	0.377		0	FLM	4		0.120		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.500		0	MC	9		0.160		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.499		0	FLM	4		0.160		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	MC	9		0.192		
18:2 undifferentiated....g	0.573		0	FLM	4		0.183		
18:3 undifferentiated....g	0.023		0	FLM	4		0.007		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1.25 cup (I NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08469

Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.93		
Energy ... kcal	377		0	MC	9		117		
Energy ... kJ	1577		0	MC	9		489		
Protein (N x 6.25) ... g	5.30		0	MC	9		1.64		
Total lipid (fat) ... g	0.17		0	MC	9		0.05		
Ash ... g	1.33		0	MC	9		0.41		
Carbohydrate, by difference ... g	90.20		0	MC	9		27.96		
Fiber, total dietary ... g	1.1		0	MC	9		0.3		
Sugars, total ... g	27.00		0	MC	9		8.37		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0	MC	9		2		
* Iron, Fe ... mg	23.00		0	MC	9		7.13		
Magnesium, Mg ... mg	9		0	MC	9		3		
Phosphorus, P ... mg	40		0	MC	9		12		
Potassium, K ... mg	83		0	MC	9		26		
Sodium, Na ... mg	575		0	MC	9		178		
Zinc, Zn ... mg	0.93		0	FLM	4		0.29		
Copper, Cu ... mg	0.250		0	FLM	4		0.077		
Manganese, Mn ... mg	0.190		0	FLM	4		0.059		
Selenium, Se ... mcg	8.3		0	BFZN	4		2.6		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	23.0		0	MC	9		7.1		
* Thiamin ... mg	1.400		0	MC	9		0.434		
* Riboflavin ... mg	1.800		0	MC	9		0.558		
* Niacin ... mg	19.000		0	MC	9		5.890		
Pantothenic acid ... mg	0.233		0	FLM	4		0.072		
* Vitamin B-6 ... mg	1.900		0	MC	9		0.589		
* Folate, total ... mcg	384		0	MC	9		119		
* Folic acid ... mcg	365		0	NC	4		113		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	640		0	NC	4		198		
Choline, total ... mg	3.0		0	O	4		0.9		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.70		0	MC	9		1.77		
* Vitamin B-12, added ... mcg	5.70		0	NR	4		1.77		
Vitamin A, RAE ... mcg_RAE	557		0	FLM	4		173		
Retinol ... mcg	550		0	FLM	4		170		
Carotene, beta ... mcg	58		0	FLM	4		18		
Carotene, alpha ... mcg	38		0	FLM	4		12		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1962		0	FLM	4		608		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	817		0	FLM	4		253		
Vitamin E (alpha-tocopherol) ... mg	0.20		0	FLM	4		0.06		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.2		0	NR	4		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	129		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	0.2		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.050		0	MC	9		0.016		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08469

Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g									
16:0....g	0.042		0	FLM	4		0.013		
17:0....g									
18:0....g	0.006		0	FLM	4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	MC	9		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.030		0	FLM	4		0.009		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0	MC	9		0.028		
18:2 undifferentiated....g	0.087		0	FLM	4		0.027		
18:3 undifferentiated....g	0.003		0	FLM	4		0.001		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08471

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle Protein Plus

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.87		
Energy ... kcal	349		0	MC	9		101		
Energy ... kJ	1460		0	MC	9		423		
Protein (N x 6.25) ... g	33.70		0	MC	9		9.77		
Total lipid (fat) ... g	9.70		0	MC	9		2.81		
Ash ... g	5.80		0	MC	9		1.68		
Carbohydrate, by difference ... g	47.80		0	MC	9		13.86		
Fiber, total dietary ... g	17.0		0	MC	9		4.9		
Sugars, total ... g	6.70		0	MC	9		1.94		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	135		0	MC	9		39		
Iron, Fe ... mg	28.00		0	MC	9		8.12		
Magnesium, Mg ... mg	236		0	MC	9		68		
Phosphorus, P ... mg	671		0	MC	9		195		
Potassium, K ... mg	1111		0	MC	9		322		
Sodium, Na ... mg	380		0	MC	9		110		
Zinc, Zn ... mg	4.80		0	MC	9		1.39		
Copper, Cu ... mg	0.500		0	MC	9		0.145		
Manganese, Mn ... mg	1.000		0	MC	9		0.290		
Selenium, Se ... mcg	26.0		0	MC	9		7.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	72.0		0	MC	9		20.9		
Thiamin ... mg	1.800		0	MC	9		0.522		
Riboflavin ... mg	2.100		0	MC	9		0.609		
Niacin ... mg	24.000		0	MC	9		6.960		
Pantothenic acid ... mg	1.227		0	FLM	4		0.356		
Vitamin B-6 ... mg	2.300		0	MC	9		0.667		
Folate, total ... mcg	483		0	MC	9		140		
* Folic acid ... mcg	464		0	NC	4		135		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	808		0	NC	4		234		
Choline, total ... mg	53.5		0	BFZN	4		15.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	7.20		0	MC	9		2.09		
* Vitamin B-12, added ... mcg	5.70		0	NR	4		1.65		
Vitamin A, RAE ... mcg_RAE	776		0	NC	4		225		
Retinol ... mcg	776		0	NC	4		225		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	2586		0	MC	9		750		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	16.20		0	MC	9		4.70		
* Vitamin E, added ... mg	16.20		0	NR	4		4.70		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	12.4		0	FLM	4		3.6		
Lipids:									
Fatty acids, total saturated ... g	2.000		0	MC	9		0.580		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08471

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle Protein Plus

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.012		0	FLM	4		0.003		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	1.438		0	FLM	4		0.417		
17:0 ... g									
18:0 ... g	0.456		0	FLM	4		0.132		
20:0 ... g	0.034		0	FLM	4		0.010		
22:0 ... g	0.034		0	FLM	4		0.010		
24:0 ... g	0.002		0	FLM	4		0.001		
Fatty acids, total monounsaturated ... g	2.300		0	MC	9		0.667		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.016		0	FLM	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	2.277		0	FLM	4		0.660		
20:1 ... g	0.006		0	FLM	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	5.400		0	MC	9		1.566		
18:2 undifferentiated ... g	4.774		0	FLM	4		1.385		
18:3 undifferentiated ... g	0.624		0	FLM	4		0.181		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08543

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69		
Energy....kcal	384		0	MC	9		115		
Energy....kJ	1607		0	MC	9		482		
Protein (N x 6.25)....g	7.00		0	MC	9		2.10		
Total lipid (fat)....g	4.90		0	MC	9		1.47		
Ash....g	2.80		0	MC	9		0.84		
Carbohydrate, by difference....g	83.00		0	MC	9		24.90		
Fiber, total dietary....g	5.6		0	MC	9		1.7		
Sugars, total....g	28.00		0	MC	9		8.40		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	MC	9		11		
* Iron, Fe....mg	27.00		0	MC	9		8.10		
Magnesium, Mg....mg	51		0	MC	9		15		
Phosphorus, P....mg	169		0	MC	9		51		
Potassium, K....mg	232		0	MC	9		70		
Sodium, Na....mg	545		0	MC	9		164		
Zinc, Zn....mg	1.50		0	MC	9		0.45		
Copper, Cu....mg	0.237		0	FLM	4		0.071		
Manganese, Mn....mg	1.630		0	FLM	4		0.489		
Selenium, Se....mcg	23.1		0	FLM	4		6.9		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	70.0		0	MC	9		21.0		
* Thiamin....mg	1.800		0	MC	9		0.540		
* Riboflavin....mg	2.000		0	MC	9		0.600		
* Niacin....mg	23.300		0	MC	9		6.990		
Pantothenic acid....mg									
* Vitamin B-6....mg	2.300		0	MC	9		0.690		
* Folate, total....mcg	468		0	MC	9		140		
* Folic acid....mcg	449		0	NC	4		135		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	782		0	NC	4		235		
Choline, total....mg	14.0		0	FLM	4		4.2		
Betaine....mg									
* Vitamin B-12....mcg	7.00		0	MC	9		2.10		
* Vitamin B-12, added....mcg	7.00		0	NR	4		2.10		
Vitamin A, RAE....mcg_RAE	750		0	NC	4		225		
* Retinol....mcg	750		0	NR	4		225		
Carotene, beta....mcg	1		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	2500		0	MC	9		750		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	45		0	FLM	4		13		
Vitamin E (alpha-tocopherol)....mg	0.90		0	MC	9		0.27		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	133		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.4		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.180		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08543

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.005		0	FLM	4		0.002		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.503		0	FLM	4		0.151		
17:0 ... g									
18:0 ... g	0.078		0	FLM	4		0.023		
20:0 ... g	0.001		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	2.800		0	MC	9		0.840		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.025		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	2.771		0	FLM	4		0.831		
20:1 ... g	0.001		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	1.500		0	MC	9		0.450		
18:2 undifferentiated ... g	1.463		0	FLM	4		0.439		
18:3 undifferentiated ... g	0.036		0	FLM	4		0.011		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08557

Cereals ready-to-eat, KELLOGG's MINI-WHEATS Frosted Strawberry Delight Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.00		0	MC	9		3.12		
Energy....kcal	347		0	MC	9		180		
Energy....kJ	1452		0	MC	9		755		
Protein (N x 6.25)....g	8.30		0	MC	9		4.32		
Total lipid (fat)....g	1.70		0	MC	9		0.88		
Ash....g	1.30		0	MC	9		0.68		
Carbohydrate, by difference....g	83.00		0	MC	9		43.16		
Fiber, total dietary....g	9.6		0	MC	9		5.0		
Sugars, total....g	23.50		0	MC	9		12.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		16		
Iron, Fe....mg	31.00		0	MC	9		16.12		
Magnesium, Mg....mg	87		0	MC	9		45		
Phosphorus, P....mg	283		0	MC	9		147		
Potassium, K....mg	330		0	MC	9		172		
Sodium, Na....mg	0		0	MC	9		0		
Zinc, Zn....mg	2.90		0	MC	9		1.51		
Copper, Cu....mg	0.300		0	MC	9		0.156		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.700		0	MC	9		0.364		
* Riboflavin....mg	0.800		0	MC	9		0.416		
* Niacin....mg	9.600		0	MC	9		4.992		
Pantothenic acid....mg									
Vitamin B-6....mg	1.000		0	MC	9		0.520		
Folate, total....mcg	192		0	MC	9		100		
Folic acid....mcg									
Folate, food....mcg	192		0	MC	9		100		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
* Vitamin B-12....mcg	2.90		0	MC	9		1.51		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.32		0	MC	9		0.16		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.300		0	MC	9		0.156		
Fatty acids, total monounsaturated....g	0.300		0	MC	9		0.156		
Fatty acids, total polyunsaturated....g	1.100		0	MC	9		0.572		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		

NDB No. 08557

Cereals ready-to-eat, KELLOGG's MINI-WHEATS Frosted Strawberry Delight Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 24 biscuit (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08519

Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.90		0	MC	9		0.87		
Energy ... kcal	382		0	MC	9		115		
Energy ... kJ	1598		0	MC	9		479		
Protein (N x 6.25) ... g	5.50		0	MC	9		1.65		
Total lipid (fat) ... g	1.00		0	MC	9		0.30		
Ash ... g	2.60		0	MC	9		0.78		
Carbohydrate, by difference ... g	88.00		0	MC	9		26.40		
Fiber, total dietary ... g	0.3		0	MC	9		0.1		
Sugars, total ... g	31.00		0	MC	9		9.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0	MC	9		2		
* Iron, Fe ... mg	18.00		0	MC	9		5.40		
Magnesium, Mg ... mg	31		0	MC	9		9		
Phosphorus, P ... mg	106		0	MC	9		32		
Potassium, K ... mg	101		0	MC	9		30		
Sodium, Na ... mg	726		0	MC	9		218		
Zinc, Zn ... mg	1.10		0	MC	9		0.33		
Copper, Cu ... mg	0.200		0	MC	9		0.060		
Manganese, Mn ... mg									
Selenium, Se ... mcg	18.1		0	BFZN	4		5.4		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.0		
* Thiamin ... mg	1.300		0	MC	9		0.390		
* Riboflavin ... mg	1.400		0	MC	9		0.420		
* Niacin ... mg	16.700		0	MC	9		5.010		
Pantothenic acid ... mg	0.819		0	FLM	4		0.246		
* Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
* Folate, total ... mcg	333		0	MC	9		100		
* Folic acid ... mcg	329		0	NR	4		99		
Folate, food ... mcg	4		0	BFZN	4		1		
Folate, DFE ... mcg_DFE	563		0	NC	4		169		
Choline, total ... mg	8.4		0	BFZN	4		2.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	497		0	NC	4		149		
Retinol ... mcg	496		0	NR	4		149		
Carotene, beta ... mcg	12		0	FLM	4		4		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1667		0	MC	9		500		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	45		0	FLM	4		13		
Vitamin E (alpha-tocopherol) ... mg	0.57		0	FLM	4		0.17		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	3.9		0	FLM	4		1.2		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.090		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08519
Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.005		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.261		0	FLM	4		0.078		
17:0 ... g									
18:0 ... g	0.029		0	FLM	4		0.009		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.300		0	MC	9		0.090		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.295		0	FLM	4		0.089		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.400		0	MC	9		0.120		
18:2 undifferentiated ... g	0.259		0	FLM	4		0.078		
18:3 undifferentiated ... g	0.141		0	FLM	4		0.042		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08524

Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.78		
Energy	kcal	376		0	MC	9		117		
Energy	kJ	1573		0	MC	9		488		
Protein (N x 6.25)	g	6.60		0	MC	9		2.05		
Total lipid (fat)	g	4.40		0	MC	9		1.36		
Ash	g	3.50		0	MC	9		1.09		
Carbohydrate, by difference	g	83.00		0	MC	9		25.73		
Fiber, total dietary	g	5.9		0	MC	9		1.8		
Sugars, total	g	40.00		0	MC	9		12.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	167		0	MC	9		52		
Iron, Fe	mg	13.60		0	MC	9		4.22		
Magnesium, Mg	mg	39		0	MC	9		12		
Phosphorus, P	mg	236		0	MC	9		73		
Potassium, K	mg	212		0	MC	9		66		
Sodium, Na	mg	480		0	MC	9		149		
* Zinc, Zn	mg	4.50		0	MC	9		1.40		
Copper, Cu	mg	0.100		0	MC	9		0.031		
Manganese, Mn	mg	0.000		0	MC	9		0.000		
Selenium, Se	mcg	0.2		0	MC	9		0.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	45.5		0	MC	9		14.1		
* Thiamin	mg	1.100		0	MC	9		0.341		
* Riboflavin	mg	1.300		0	MC	9		0.403		
* Niacin	mg	15.200		0	MC	9		4.712		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.500		0	MC	9		0.465		
* Folate, total	mcg	303		0	MC	9		94		
* Folic acid	mcg	284		0	NC	4		88		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	502		0	NC	4		156		
Choline, total	mg									
Betaine	mg									
* Vitamin B-12	mcg	4.50		0	MC	9		1.40		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
* Vitamin A, IU	IU	1515		0	MC	9		470		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	NR	4		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	129		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.500		0	MC	9		0.465		
Fatty acids, total monounsaturated	g	1.600		0	MC	9		0.496		
Fatty acids, total polyunsaturated	g	1.300		0	MC	9		0.403		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		

NDB No. 08524

Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08542

Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS bite size STRAWBERRY DELIGHT

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.00		0	MC	9		3.12		
Energy ... kcal	347		0	MC	9		180		
Energy ... kJ	1452		0	MC	9		755		
Protein (N x 6.25) ... g	8.30		0	MC	9		4.32		
Total lipid (fat) ... g	1.70		0	MC	9		0.88		
Ash ... g	1.30		0	MC	9		0.68		
Carbohydrate, by difference ... g	83.00		0	MC	9		43.16		
Fiber, total dietary ... g	9.6		0	MC	9		5.0		
Sugars, total ... g	23.50		0	MC	9		12.22		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	31		0	MC	9		16		
* Iron, Fe ... mg	31.00		0	MC	9		16.12		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	0		0	MC	9		0		
* Zinc, Zn ... mg	2.90		0	MC	9		1.51		
Copper, Cu ... mg	0.300		0	MC	9		0.156		
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
* Thiamin ... mg	0.700		0	MC	9		0.364		
* Riboflavin ... mg	0.800		0	MC	9		0.416		
* Niacin ... mg	9.600		0	MC	9		4.992		
Pantothenic acid ... mg									
* Vitamin B-6 ... mg	1.000		0	MC	9		0.520		
* Folate, total ... mcg	192		0	MC	9		100		
* Folic acid ... mcg	173		0	NC	4		90		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	313		0	NC	4		163		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	2.90		0	MC	9		1.51		
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.156		
Fatty acids, total monounsaturated ... g	0.300		0	MC	9		0.156		
Fatty acids, total polyunsaturated ... g	1.100		0	MC	9		0.572		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		

NDB No. 08542

Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS bite size STRAWBERRY DELIGHT

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 24 biscuits (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08005

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	250		0	MC	9		75		
Energy	kJ	1046		0	MC	9		314		
Protein (N x 6.25)	g	7.00		0	MC	9		2.10		
Total lipid (fat)	g	2.15		0	MC	9		0.65		
Ash	g	7.85		0	MC	9		2.36		
Carbohydrate, by difference	g	80.00		0	MC	9		24.00		
Fiber, total dietary	g	43.0		0	MC	9		12.9		
Sugars, total	g	27.00		0	MC	9		8.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0	MC	9		19		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	205		0	MC	9		62		
Phosphorus, P	mg	500		0	MC	9		150		
Potassium, K	mg	1000		0	MC	9		300		
Sodium, Na	mg	676		0	MC	9		203		
* Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.480		0	MC	9		0.144		
Manganese, Mn	mg	8.204		0	FLC	4		2.461		
Selenium, Se	mcg	28.9		2	A	1		8.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.200		0	MC	9		0.360		
* Riboflavin	mg	1.400		0	MC	9		0.420		
* Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg	1.488		0	FLC	4		0.446		
* Vitamin B-6	mg	6.700		0	MC	9		2.010		
* Folate, total	mcg	1345		0	MC	9		404		
Folic acid	mcg	1304		0	NC	4		391		
Folate, food	mcg	41		0	CAAN	4		12		
Folate, DFE	mcg_DFE	2258		0	NC	4		677		
Choline, total	mg	52.0		0	O	4		15.6		
Betaine	mg									
* Vitamin B-12	mcg	20.00		0	MC	9		6.00		
* Vitamin B-12, added	mcg	20.00		0	NR	4		6.00		
Vitamin A, RAE	mcg_RAE	511		0	NC	4		153		
Retinol	mcg	511		0	NC	4		153		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	1700		0	MC	9		510		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.58		0	MC	9		0.47		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	133		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08005
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0	FLM	4		0.001		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.343		0	FLM	4		0.103		
17:0....g									
18:0....g	0.033		0	FLM	4		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.500		0	MC	9		0.150		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.489		0	FLM	4		0.147		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.390		
18:2 undifferentiated....g	1.206		0	FLM	4		0.362		
18:3 undifferentiated....g	0.091		0	FLM	4		0.027		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08028

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes

Kellogg, Co.

Includes USDA Commodity B876

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.87		
Energy ... kcal	318		0	MC	9		92		
Energy ... kJ	1331		0	MC	9		386		
Protein (N x 6.25) ... g	10.00		0	MC	9		2.90		
Total lipid (fat) ... g	2.00		0	MC	9		0.58		
Ash ... g	6.00		0	MC	9		1.74		
Carbohydrate, by difference ... g	79.00		0	MC	9		22.91		
Fiber, total dietary ... g	17.5		0	MC	9		5.1		
Sugars, total ... g	17.00		0	MC	9		4.93		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	52		0	MC	9		15		
* Iron, Fe ... mg	62.00		0	MC	9		17.98		
Magnesium, Mg ... mg	191		0	MC	9		55		
Phosphorus, P ... mg	479		0	MC	9		139		
Potassium, K ... mg	590		0	MC	9		171		
Sodium, Na ... mg	715		0	MC	9		207		
* Zinc, Zn ... mg	52.00		0	MC	9		15.08		
Copper, Cu ... mg	0.500		0	MC	9		0.145		
Manganese, Mn ... mg									
Selenium, Se ... mcg	10.5	0.615	16	A	1		3.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	207.0		0	MC	9		60.0		
* Thiamin ... mg	5.200		0	MC	9		1.508		
* Riboflavin ... mg	5.900		0	MC	9		1.711		
* Niacin ... mg	69.000		0	MC	9		20.010		
* Pantothenic acid ... mg	34.500		0	MC	9		10.005		
* Vitamin B-6 ... mg	7.000		0	MC	9		2.030		
* Folate, total ... mcg	1379		0	MC	9		400		
* Folic acid ... mcg	1360		0	NR	4		394		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	2331		0	NC	4		676		
Choline, total ... mg	27.6		0	BFZN	4		8.0		
Betaine ... mg									
* Vitamin B-12 ... mcg	20.70		0	MC	9		6.00		
* Vitamin B-12, added ... mcg	20.70		0	NR	4		6.00		
Vitamin A, RAE ... mcg_RAE	777		0	NC	4		225		
Retinol ... mcg	775		0	NR	4		225		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	2586		0	MC	9		750		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	171		0	FLM	4		50		
* Vitamin E (alpha-tocopherol) ... mg	46.35		0	MC	9		13.44		
* Vitamin E, added ... mg	45.50		0	NR	4		13.20		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.4		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	138		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.6		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.400		0	MC	9		0.116		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08028

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.013		0	FLM	4		0.004		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.001		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.344		0	FLM	4		0.100		
17:0 ... g									
18:0 ... g	0.021		0	FLM	4		0.006		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.500		0	MC	9		0.145		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.021		0	FLM	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	0.479		0	FLM	4		0.139		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.100		0	MC	9		0.319		
18:2 undifferentiated ... g	1.028		0	FLM	4		0.298		
18:3 undifferentiated ... g	0.069		0	FLM	4		0.020		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08001
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.12		1	A	1		0.66		
Energy	kcal	260		0	MC	9		81		
Energy	kJ	1088		0	MC	9		337		
Protein (N x 6.25)	g	13.14		1	A	1		4.07		
Total lipid (fat)	g	4.90		1	A	1		1.52		
Ash	g	5.60		1	A	1		1.74		
Carbohydrate, by difference	g	74.24		0	NC	4		23.01		
Fiber, total dietary	g	29.3		1	A	1		9.1		
Sugars, total	g	15.69		0	AS	1		4.86		
Sucrose	g	13.20		1	A	1		4.09		
Glucose (dextrose)	g	1.07		1	A	1		0.33		
Fructose	g	0.36		1	A	1		0.11		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	1.06		1	A	1		0.33		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	21.80		1	A	1		6.76		
Minerals:										
* Calcium, Ca	mg	389		1	A	1		121		
* Iron, Fe	mg	17.60		1	A	1		5.46		
Magnesium, Mg	mg	362		1	A	1		112		
Phosphorus, P	mg	1150		1	A	1		357		
Potassium, K	mg	1020		1	A	1		316		
Sodium, Na	mg	242		1	A	1		75		
Zinc, Zn	mg	12.40		1	A	1		3.84		
Copper, Cu	mg	1.040		1	A	1		0.322		
Manganese, Mn	mg	7.410		1	A	1		2.297		
Selenium, Se	mcg	9.4	2.107	8	JA	6		2.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.2		
* Thiamin	mg	2.270		1	A	1		0.704		
* Riboflavin	mg	2.710		1	A	1		0.840		
* Niacin	mg	14.800		1	A	1		4.588		
Pantothenic acid	mg	1.060		1	A	1		0.329		
* Vitamin B-6	mg	12.000		1	A	1		3.720		
Folate, total	mcg	1310		0	MC	9		406		
* Folic acid	mcg	1269		0	NR	4		393		
Folate, food	mcg	41		0	CAAN	4		13		
Folate, DFE	mcg_DFE	2198		0	NC	4		681		
Choline, total	mg	49.4		0	AS	1		15.3		
Betaine	mg	360.0		1	A	1		111.6		
* Vitamin B-12	mcg	18.80		1	A	1		5.83		
* Vitamin B-12, added	mcg	18.80		0	NR	4		5.83		
Vitamin A, RAE	mcg_RAE	525		0	NC	4		163		
* Retinol	mcg	525		0	NR	4		163		
Carotene, beta	mcg	4		0	FLM	4		1		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
* Vitamin A, IU	IU	1747		0	MC	9		542		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	180		0	FLM	4		56		
Vitamin E (alpha-tocopherol)	mg	1.24		0	FLM	4		0.38		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	LC	8		1.0		

NDB No. 08001
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	129		0	LC	8		40		
Vitamin K (phylloquinone)....mcg	5.2		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated....g	0.630		0	NC	4		0.195		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.590		1	A	1		0.183		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.040		1	A	1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.670		0	NC	4		0.208		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.640		1	A	1		0.198		
20:1....g	0.030		1	A	1		0.009		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.110		0	NC	4		0.654		
18:2 undifferentiated....g	1.960		1	A	1		0.608		
18:3 undifferentiated....g	0.150		1	A	1		0.047		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	A	1		0.068		
Threonine....g	0.380		0	A	1		0.118		
Isoleucine....g	0.350		0	A	1		0.108		
Leucine....g	0.700		0	A	1		0.217		
Lysine....g	0.350		0	A	1		0.108		
Methionine....g	0.170		0	A	1		0.053		
Cystine....g	0.240		0	A	1		0.074		
Phenylalanine....g	0.480		0	A	1		0.149		
Tyrosine....g	0.150		0	A	1		0.047		
Valine....g	0.520		0	A	1		0.161		
Arginine....g	0.610		0	A	1		0.189		
Histidine....g	0.280		0	A	1		0.087		
Alanine....g	0.550		0	A	1		0.171		
Aspartic acid....g	0.770		0	A	1		0.239		
Glutamic acid....g	2.240		0	A	1		0.694		
Glycine....g	0.580		0	A	1		0.180		
Proline....g	0.730		0	A	1		0.226		
Serine....g	0.500		0	A	1		0.155		
Hydroxyproline....g									

NDB No. 08001
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08253

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.78		
Energy ... kcal	192		0	MC	9		50		
Energy ... kJ	803		0	MC	9		209		
Protein (N x 6.25) ... g	11.30		0	MC	9		2.94		
Total lipid (fat) ... g	3.50		0	MC	9		0.91		
Ash ... g	5.20		0	MC	9		1.35		
Carbohydrate, by difference ... g	77.00		0	MC	9		20.02		
Fiber, total dietary ... g	50.0		0	MC	9		13.0		
Sugars, total ... g	0.37		0	MC	9		0.10		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	415		0	MC	9		108		
* Iron, Fe ... mg	18.00		0	MC	9		4.68		
Magnesium, Mg ... mg	340		0	MC	9		88		
Phosphorus, P ... mg	900		0	MC	9		234		
Potassium, K ... mg	1050		0	MC	9		273		
Sodium, Na ... mg	475		0	MC	9		124		
* Zinc, Zn ... mg	6.00		0	MC	9		1.56		
Copper, Cu ... mg	0.600		0	MC	9		0.156		
Manganese, Mn ... mg	7.258		0	FLC	4		1.887		
Selenium, Se ... mcg	9.4		0	BFZN	4		2.4		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	25.0		0	MC	9		6.5		
* Thiamin ... mg	1.500		0	MC	9		0.390		
* Riboflavin ... mg	1.700		0	MC	9		0.442		
* Niacin ... mg	20.000		0	MC	9		5.200		
Pantothenic acid ... mg	1.591		0	FLC	4		0.414		
* Vitamin B-6 ... mg	8.000		0	MC	9		2.080		
* Folate, total ... mcg	420		0	MC	9		109		
Folic acid ... mcg	379		0	NC	4		99		
Folate, food ... mcg	41		0	CAAN	4		11		
Folate, DFE ... mcg_DFE	685		0	NC	4		178		
Choline, total ... mg	49.4		0	BFZN	4		12.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	24.00		0	MC	9		6.24		
* Vitamin B-12, added ... mcg	24.00		0	NR	4		6.24		
Vitamin A, RAE ... mcg_RAE	614		0	NC	4		160		
Retinol ... mcg	614		0	NC	4		160		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	2045		0	MC	9		532		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	2.14		0	MC	9		0.56		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	5.3		0	MC	9		1.4		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	210		0	MC	9		55		
Vitamin K (phylloquinone) ... mcg	1.9		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.600		0	MC	9		0.156		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08253
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.004		0	FLM	4		0.001		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.007		0	FLM	4		0.002		
13:0 ... g									
14:0 ... g	0.006		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.518		0	FLM	4		0.135		
17:0 ... g									
18:0 ... g	0.032		0	FLM	4		0.008		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.700		0	MC	9		0.182		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.691		0	FLM	4		0.180		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.200		0	MC	9		0.572		
18:2 undifferentiated ... g	2.073		0	FLM	4		0.539		
18:3 undifferentiated ... g	0.124		0	FLM	4		0.032		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08518

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.32		0	MC	9		1.30		
Energy	kcal	342		0	MC	9		192		
Energy	kJ	1431		0	MC	9		801		
Protein (N x 6.25)	g	11.00		0	MC	9		6.16		
Total lipid (fat)	g	5.24		0	MC	9		2.93		
Ash	g	2.74		0	MC	9		1.53		
Carbohydrate, by difference	g	78.80		0	MC	9		44.13		
Fiber, total dietary	g	18.0		0	MC	9		10.1		
Sugars, total	g	13.00		0	MC	9		7.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	MC	9		36		
Iron, Fe	mg	8.00		0	MC	9		4.48		
Magnesium, Mg	mg	151		0	MC	9		85		
Phosphorus, P	mg	443		0	MC	9		248		
Potassium, K	mg	521		0	MC	9		292		
Sodium, Na	mg	420		0	MC	9		235		
Zinc, Zn	mg	7.00		0	MC	9		3.92		
Copper, Cu	mg	0.400		0	MC	9		0.224		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.0		0	MC	9		6.2		
Thiamin	mg	0.700		0	MC	9		0.392		
Riboflavin	mg	0.800		0	MC	9		0.448		
Niacin	mg	9.000		0	MC	9		5.040		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	3.600		0	MC	9		2.016		
Folate, total	mcg	727		0	MC	9		407		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	11.00		0	MC	9		6.16		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	909		0	MC	9		509		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	73		0	MC	9		41		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.000		0	MC	9		1.680		
Fatty acids, total monounsaturated	g	0.600		0	MC	9		0.336		
Fatty acids, total polyunsaturated	g	1.400		0	MC	9		0.784		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08518

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites

Common Measures:

Measure 1 = 56g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08003

Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.98	0.064	4	A	1	C	0.84		
Energy....kcal	366		0	MC	9		102		
Energy....kJ	1531		0	MC	9		429		
Protein (N x 6.25)....g	5.00		1	MC	9		1.40		
Total lipid (fat)....g	2.00		1	MC	9		0.56		
Ash....g	2.00		0	O	4	C	0.56		
Carbohydrate, by difference....g	88.00		1	MC	9		24.64		
Fiber, total dietary....g	9.0		1	MC	9		2.5		
Sugars, total....g	44.00		1	MC	9		12.32		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.261	4	A	1	C	3		
* Iron, Fe....mg	18.65	1.108	4	A	1	C	5.22		
Magnesium, Mg....mg	21	0.250	4	A	1	C	6		
Phosphorus, P....mg	78	1.167	4	A	1	C	22		
Potassium, K....mg	107	6.935	4	A	1	C	30		
Sodium, Na....mg	443	8.873	4	A	1	C	124		
Zinc, Zn....mg	7.54	0.288	4	A	1	C	2.11		
Copper, Cu....mg	0.094	0.002	4	A	1	C	0.026		
Manganese, Mn....mg	0.543	0.006	4	A	1	C	0.152		
Selenium, Se....mcg	5.6	0.313	11	A	1	C	1.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	59.4	2.320	4	A	1	C	16.6		
Thiamin....mg	1.720	0.092	4	A	1	C	0.482		
Riboflavin....mg	2.200	0.147	4	A	1	C	0.616		
Niacin....mg	27.025	2.235	4	A	1	C	7.567		
Pantothenic acid....mg	0.345	0.012	4	A	1	C	0.097		
Vitamin B-6....mg	2.525	0.138	4	A	1	C	0.707		
Folate, total....mcg	396		0	NR	4		111		
Folic acid....mcg	377	9.677	4	A	1	C	105		
Folate, food....mcg	19		0	CAAN	4		5		
Folate, DFE....mcg_DFE	659		0	NC	4		185		
Choline, total....mg	3.3		0	FLM	4		0.9		
Betaine....mg									
* Vitamin B-12....mcg	6.00	0.129	4	A	1	C	1.68		
* Vitamin B-12, added....mcg	6.00		0	NR	4		1.68		
Vitamin A, RAE....mcg_RAE	802		0	NC	4		225		
Retinol....mcg	799	34.975	4	A	1	C	224		
Carotene, beta....mcg	31		0	FLM	4		9		
Carotene, alpha....mcg	20		0	FLM	4		6		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	2731		0	NC	4		765		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	448		0	FLM	4		125		
Vitamin E (alpha-tocopherol)....mg	0.13		0	FLM	4		0.04		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.6		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	143		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.5		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.375		0	NC	4		0.105		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08003
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1	D	0.000		
8:0....g	0.019		1	A	1	D	0.005		
10:0....g	0.029		1	A	1	D	0.008		
12:0....g	0.000		1	A	1	D	0.000		
13:0....g									
14:0....g	0.005		1	A	1	D	0.001		
15:0....g	0.002		1	A	1	D	0.001		
16:0....g	0.262		1	A	1	D	0.073		
17:0....g	0.002		1	A	1	D	0.001		
18:0....g	0.048		1	A	1	D	0.014		
20:0....g	0.005		1	A	1	D	0.001		
22:0....g	0.002		1	A	1	D	0.001		
24:0....g	0.000		1	A	1	D	0.000		
Fatty acids, total monounsaturated....g	0.531		0	NC	4		0.149		
14:1....g	0.000		1	A	1	D	0.000		
15:1....g	0.000		1	A	1	D	0.000		
16:1 undifferentiated....g	0.005		0	AS	1		0.001		
16:1 c....g	0.005		1	A	1	D	0.001		
16:1 t....g	0.000		1	A	1	D	0.000		
17:1....g	0.000		1	A	1	D	0.000		
18:1 undifferentiated....g	0.518		0	AS	1		0.145		
18:1 c....g	0.507		1	A	1	D	0.142		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.012		1	A	1	D	0.003		
18:1-11t (18:1t n-7)....g									
20:1....g	0.007		1	A	1	D	0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1	D	0.000		
22:1 t....g	0.000		1	A	1	D	0.000		
24:1 c....g	0.000		1	A	1	D	0.000		
Fatty acids, total polyunsaturated....g	0.734		0	NC	4		0.206		
18:2 undifferentiated....g	0.708		0	AS	1		0.198		
18:2 n-6 c,c....g	0.700		1	A	1	D	0.196		
18:2 CLAs....g	0.002		1	A	1	D	0.001		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		1	A	1	D	0.001		
18:3 undifferentiated....g	0.024		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g	0.024		1	A	1	D	0.007		
18:3 n-6 c,c,c....g	0.000		1	A	1	D	0.000		
18:3i....g									
18:4....g	0.000		1	A	1	D	0.000		
20:2 n-6 c,c....g	0.000		1	A	1	D	0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1	D	0.000		
20:3 n-6....g	0.000		1	A	1	D	0.000		
20:4 undifferentiated....g	0.000		1	A	1	D	0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1	D	0.001		
21:5....g									
22:4....g	0.000		1	A	1	D	0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1	D	0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1	D	0.000		
Fatty acids, total trans....g	0.017		0	NC	4		0.005		
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.003		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.001		
Cholesterol....mg	0		0	FLM	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0	A	1		0.014		

NDB No. 08003
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	0.149		0	A	1		0.042		
Isoleucine....g	0.159		0	A	1		0.044		
Leucine....g	0.387		0	A	1		0.108		
Lysine....g	0.109		0	A	1		0.031		
Methionine....g	0.069		0	A	1		0.019		
Cystine....g	0.079		0	A	1		0.022		
Phenylalanine....g	0.208		0	A	1		0.058		
Tyrosine....g	0.109		0	A	1		0.031		
Valine....g	0.218		0	A	1		0.061		
Arginine....g	0.169		0	A	1		0.047		
Histidine....g	0.119		0	A	1		0.033		
Alanine....g	0.218		0	A	1		0.061		
Aspartic acid....g	0.288		0	A	1		0.081		
Glutamic acid....g	1.171		0	A	1		0.328		
Glycine....g	0.179		0	A	1		0.050		
Proline....g	0.308		0	A	1		0.086		
Serine....g	0.228		0	A	1		0.064		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08014

Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.81		1	A	1		0.87		
Energy	kcal	381		0	MC	9		118		
Energy	kJ	1594		0	MC	9		494		
Protein (N x 6.25)	g	5.22		1	A	1		1.62		
Total lipid (fat)	g	2.90		1	A	1		0.90		
Ash	g	3.02		1	A	1		0.94		
Carbohydrate, by difference	g	86.05		0	NC	4		26.68		
Fiber, total dietary	g	1.9		1	A	1		0.6		
Sugars, total	g	33.96		0	AS	1		10.53		
Sucrose	g	31.70		1	A	1		9.83		
Glucose (dextrose)	g	2.00		1	A	1		0.62		
Fructose	g	0.26		1	A	1		0.08		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	43.80		1	A	1		13.58		
Minerals:										
* Calcium, Ca	mg	17		0	MC	9		5		
* Iron, Fe	mg	22.20		1	A	1		6.88		
Magnesium, Mg	mg	38		1	A	1		12		
Phosphorus, P	mg	102		1	A	1		32		
Potassium, K	mg	197		1	A	1		61		
Sodium, Na	mg	635		1	A	1		197		
* Zinc, Zn	mg	4.80		0	MC	9		1.49		
Copper, Cu	mg	0.332		1	A	1		0.103		
Manganese, Mn	mg	1.100		1	A	1		0.341		
Selenium, Se	mcg	16.1		1	A	1		5.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	48.4		0	MC	9		15.0		
* Thiamin	mg	1.490		1	A	1		0.462		
* Riboflavin	mg	2.270		1	A	1		0.704		
* Niacin	mg	16.000		0	MC	9		4.960		
Pantothenic acid	mg	0.249		1	A	1		0.077		
* Vitamin B-6	mg	3.280		1	A	1		1.017		
* Folate, total	mcg	637		1	A	1		197		
Folic acid	mcg	633		0	NC	4		196		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	1080		0	NC	4		335		
Choline, total	mg	8.7		1	AS	1		2.7		
Betaine	mg	1.3		1	A	1		0.4		
* Vitamin B-12	mcg	6.92		1	A	1		2.15		
* Vitamin B-12, added	mcg	6.92		0	NR	4		2.15		
Vitamin A, RAE	mcg_RAE	492		0	NC	4		153		
Retinol	mcg	492		0	NC	4		153		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	1640		0	MC	9		508		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLM	4		0.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08014
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	130		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	0.1		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.990		0	NC	4		0.617		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.110		1	A	1		0.034		
10:0.....g	0.080		1	A	1		0.025		
12:0.....g	0.590		1	A	1		0.183		
13:0.....g									
14:0.....g	0.250		1	A	1		0.078		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.490		1	A	1		0.152		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.460		1	A	1		0.143		
20:0.....g	0.010		1	A	1		0.003		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.400		0	NC	4		0.124		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.400		1	A	1		0.124		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0	NC	4		0.071		
18:2 undifferentiated.....g	0.230		1	A	1		0.071		
18:3 undifferentiated.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.025		
Threonine.....g	0.160		0	A	1		0.050		
Isoleucine.....g	0.160		0	A	1		0.050		
Leucine.....g	0.340		0	A	1		0.105		
Lysine.....g	0.130		0	A	1		0.040		
Methionine.....g	0.090		0	A	1		0.028		
Cystine.....g	0.090		0	A	1		0.028		
Phenylalanine.....g	0.230		0	A	1		0.071		
Tyrosine.....g	0.060		0	A	1		0.019		
Valine.....g	0.240		0	A	1		0.074		
Arginine.....g	0.280		0	A	1		0.087		
Histidine.....g	0.090		0	A	1		0.028		
Alanine.....g	0.230		0	A	1		0.071		
Aspartic acid.....g	0.400		0	A	1		0.124		
Glutamic acid.....g	0.800		0	A	1		0.248		
Glycine.....g	0.190		0	A	1		0.059		
Proline.....g	0.190		0	A	1		0.059		
Serine.....g	0.220		0	A	1		0.068		
Hydroxyproline.....g									
Others:									

NDB No. 08014
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	3		0	FLM	4		1		
Theobromine....mg	66		0	FLM	4		20		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08068

Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.87		
Energy ... kcal	378		0	MC	9		110		
Energy ... kJ	1582		0	MC	9		459		
Protein (N x 6.25) ... g	3.70		0	MC	9		1.07		
Total lipid (fat) ... g	0.75		0	MC	9		0.22		
Ash ... g	2.55		0	MC	9		0.74		
Carbohydrate, by difference ... g	90.00		0	MC	9		26.10		
Fiber, total dietary ... g	0.8		0	MC	9		0.2		
Sugars, total ... g	47.90		0	MC	9		13.89		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	17		0	MC	9		5		
* Iron, Fe ... mg	6.20		0	MC	9		1.80		
Magnesium, Mg ... mg	7		0	MC	9		2		
Phosphorus, P ... mg	31		0	MC	9		9		
Potassium, K ... mg	85		0	MC	9		25		
Sodium, Na ... mg	386		0	MC	9		112		
* Zinc, Zn ... mg	4.90		0	MC	9		1.42		
Copper, Cu ... mg	0.040		0	MC	9		0.012		
Manganese, Mn ... mg	0.244		0	FLC	4		0.071		
Selenium, Se ... mcg	6.5	0.735	6	A	1		1.9		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	19.4		0	MC	9		5.6		
* Thiamin ... mg	1.200		0	MC	9		0.348		
* Riboflavin ... mg	1.400		0	MC	9		0.406		
* Niacin ... mg	16.100		0	MC	9		4.669		
Pantothenic acid ... mg	0.293		0	FLC	4		0.085		
* Vitamin B-6 ... mg	1.600		0	MC	9		0.464		
* Folate, total ... mcg	329		0	MC	9		95		
Folic acid ... mcg	310		0	NC	4		90		
Folate, food ... mcg	19		0	NC	4		6		
Folate, DFE ... mcg_DFE	546		0	NC	4		158		
Choline, total ... mg	3.0		0	O	4		0.9		
Betaine ... mg									
* Vitamin B-12 ... mcg	4.90		0	MC	9		1.42		
* Vitamin B-12, added ... mcg	4.90		0	NR	4		1.42		
Vitamin A, RAE ... mcg_RAE	462		0	NC	4		134		
Retinol ... mcg	458		0	FLM	4		133		
Carotene, beta ... mcg	40		0	FLM	4		12		
Carotene, alpha ... mcg	26		0	FLM	4		8		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1614		0	FLM	4		468		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	556		0	FLM	4		161		
Vitamin E (alpha-tocopherol) ... mg	0.07		0	FLM	4		0.02		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.5		0	NR	4		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	138		0	NR	4		40		
Vitamin K (phylloquinone) ... mcg	0.1		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	0.180		0	MC	9		0.052		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08068
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.001		0	FLM	4		0.000		
15:0....g									
16:0....g	0.147		0	FLM	4		0.043		
17:0....g									
18:0....g	0.023		0	FLM	4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.240		0	MC	9		0.070		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.237		0	FLM	4		0.069		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.200		0	MC	9		0.058		
18:2 undifferentiated....g	0.194		0	FLM	4		0.056		
18:3 undifferentiated....g	0.006		0	FLM	4		0.002		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.130		0	MC	9		0.038		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08023

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		1.47		
Energy ... kcal	402		0	MC	9		197		
Energy ... kJ	1682		0	MC	9		824		
Protein (N x 6.25) ... g	8.00		0	MC	9		3.92		
Total lipid (fat) ... g	13.90		0	MC	9		6.81		
Ash ... g	3.30		0	MC	9		1.62		
Carbohydrate, by difference ... g	71.80		0	MC	9		35.18		
Fiber, total dietary ... g	12.7		0	MC	9		6.2		
Sugars, total ... g	32.00		0	MC	9		15.68		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	60		0	MC	9		29		
* Iron, Fe ... mg	3.70		0	MC	9		1.81		
Magnesium, Mg ... mg	155		0	MC	9		76		
Phosphorus, P ... mg	397		0	MC	9		195		
Potassium, K ... mg	450		0	MC	9		221		
Sodium, Na ... mg	309		0	MC	9		151		
Zinc, Zn ... mg	3.10		0	MC	9		1.52		
Copper, Cu ... mg	0.400		0	MC	9		0.196		
Manganese, Mn ... mg	0.200		0	MC	9		0.098		
Selenium, Se ... mcg	10.7		0	FLM	4		5.3		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	31.0		0	MC	9		15.2		
* Thiamin ... mg	0.800		0	MC	9		0.392		
* Riboflavin ... mg	0.900		0	MC	9		0.441		
* Niacin ... mg	10.200		0	MC	9		4.998		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	1.000		0	MC	9		0.490		
Folate, total ... mcg	204		0	MC	9		100		
* Folic acid ... mcg	185		0	NC	4		91		
Folate, food ... mcg	19		0	CAAN	4		9		
Folate, DFE ... mcg_DFE	334		0	NC	4		163		
Choline, total ... mg	32.0		0	FLM	4		15.7		
Betaine ... mg									
* Vitamin B-12 ... mcg	3.10		0	MC	9		1.52		
* Vitamin B-12, added ... mcg	3.10		0	NR	4		1.52		
Vitamin A, RAE ... mcg_RAE	460		0	NC	4		225		
* Retinol ... mcg	459		0	NC	4		225		
Carotene, beta ... mcg	0		0	FLM	4		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1531		0	MC	9		750		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	49		0	FLM	4		24		
Vitamin E (alpha-tocopherol) ... mg	0.56		0	FLM	4		0.27		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.0		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	81		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	3.2		0	FLM	4		1.6		
Lipids:									
Fatty acids, total saturated ... g	6.100		0	MC	9		2.989		
4:0 ... g	0.003		0	FLM	4		0.001		

NDB No. 08023
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.022		0	FLM	4		0.011		
8:0 ... g	0.257		0	FLM	4		0.126		
10:0 ... g	0.195		0	FLM	4		0.096		
12:0 ... g	2.045		0	FLM	4		1.002		
13:0 ... g									
14:0 ... g	0.692		0	FLM	4		0.339		
15:0 ... g									
16:0 ... g	2.254		0	FLM	4		1.105		
17:0 ... g									
18:0 ... g	0.475		0	FLM	4		0.233		
20:0 ... g	0.020		0	FLM	4		0.010		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.700		0	MC	9		2.303		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.006		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	4.386		0	FLM	4		2.149		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.000		0	MC	9		1.470		
18:2 undifferentiated ... g	1.823		0	FLM	4		0.893		
18:3 undifferentiated ... g	0.055		0	FLM	4		0.027		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.100		0	MC	9		0.049		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08259

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Kellogg, Co.

Includes USDA Commodity B855

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.35		2	A	1		0.97	1.00	
Energy	kcal	377		0	MC	9		109	113	
Energy	kJ	1577		0	MC	9		457	473	
Protein (N x 6.25)	g	6.25		2	A	1		1.81	1.88	
Total lipid (fat)	g	1.28		2	A	1		0.37	0.38	
Ash	g	2.18		2	A	1		0.63	0.65	
Carbohydrate, by difference	g	86.95		0	NC	4		25.22	26.09	
Fiber, total dietary	g	1.2		2	A	1		0.4	0.4	
Sugars, total	g	11.53		2	A	1		3.34	3.46	
Sucrose	g	10.04		2	A	1		2.91	3.01	
Glucose (dextrose)	g	0.68		2	A	1		0.20	0.21	
Fructose	g	0.59		2	A	1		0.17	0.18	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.22		2	A	1		0.06	0.06	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g									
Minerals:										
* Calcium, Ca	mg	13		2	A	1		4	4	
* Iron, Fe	mg	33.15		2	A	1		9.61	9.95	
Magnesium, Mg	mg	24		2	A	1		7	7	
Phosphorus, P	mg	98		2	A	1		29	29	
Potassium, K	mg	115		2	A	1		33	34	
Sodium, Na	mg	764		2	A	1		222	229	
Zinc, Zn	mg	7.85		2	A	1		2.28	2.35	
Copper, Cu	mg	0.145		2	A	1		0.042	0.043	
Manganese, Mn	mg	0.996		2	A	1		0.289	0.299	
Selenium, Se	mcg	12.4		2	A	1		3.6	3.7	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	30.5		2	A	1		8.8	9.2	
* Thiamin	mg	4.395		2	A	1		1.275	1.318	
* Riboflavin	mg	4.320		2	A	1		1.253	1.296	
* Niacin	mg	29.200		2	A	1		8.468	8.760	
Pantothenic acid	mg	0.219		2	A	1		0.064	0.066	
Vitamin B-6	mg	3.385		2	A	1		0.982	1.015	
* Folate, total	mcg	690		0	MC	9		200	207	
* Folic acid	mcg	671		0	NC	4		195	201	
Folate, food	mcg	19		0	CAAN	4		6	6	
Folate, DFE	mcg_DFE	1160		0	NC	4		336	348	
Choline, total	mg	3.8		0	AS	1		1.1	1.1	
Betaine	mg	0.7		1	A	1		0.2	0.2	
* Vitamin B-12	mcg	7.20		0	MC	9		2.09	2.16	
* Vitamin B-12, added	mcg	7.20		0	NR	4		2.09	2.16	
Vitamin A, RAE	mcg_RAE	905		0	AS	1		262	271	
Retinol	mcg	900		1	A	1		261	270	
Carotene, beta	mcg	39		2	A	1		11	12	
Carotene, alpha	mcg	0		2	A	1		0	0	
Cryptoxanthin, beta	mcg	34		2	A	1		10	10	
Vitamin A, IU	IU	3093		0	AS	1		897	928	
Lycopene	mcg	0		2	A	1		0	0	
Lutein + zeaxanthin	mcg	196		0	A	1		57	59	
Vitamin E (alpha-tocopherol)	mg	0.14		2	A	1		0.04	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.10		2	A	1		0.03	0.03	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	3.5		0	MC	9		1.0	1.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08259
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	138		0	MC	9		40	41	
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.255		0	NC	4		0.074	0.076	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.235		2	A	1		0.068	0.070	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.020		2	A	1		0.006	0.006	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.220		0	NC	4		0.064	0.066	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.220		2	A	1		0.064	0.066	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4		0.104	0.108	
18:2 undifferentiated.....g	0.350		2	A	1		0.101	0.105	
18:3 undifferentiated.....g	0.010		2	A	1		0.003	0.003	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0	MC	9		0.020	0.021	
Threonine.....g	0.245		0	MC	9		0.071	0.073	
Isoleucine.....g	0.277		0	MC	9		0.080	0.083	
Leucine.....g	0.778		0	MC	9		0.226	0.233	
Lysine.....g	0.087		0	MC	9		0.025	0.026	
Methionine.....g	0.136		0	MC	9		0.039	0.041	
Cystine.....g	0.130		0	MC	9		0.038	0.039	
Phenylalanine.....g	0.381		0	MC	9		0.110	0.114	
Tyrosine.....g	0.174		0	MC	9		0.050	0.052	
Valine.....g	0.381		0	MC	9		0.110	0.114	
Arginine.....g	0.337		0	MC	9		0.098	0.101	
Histidine.....g	0.174		0	MC	9		0.050	0.052	
Alanine.....g	0.490		0	MC	9		0.142	0.147	
Aspartic acid.....g	0.794		0	MC	9		0.230	0.238	
Glutamic acid.....g	1.441		0	MC	9		0.418	0.432	
Glycine.....g	0.277		0	MC	9		0.080	0.083	
Proline.....g	0.571		0	MC	9		0.166	0.171	
Serine.....g	0.316		0	MC	9		0.092	0.095	
Hydroxyproline.....g									
Others:									

NDB No. 08259
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Measure 2 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08520

Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.80		0	MC	9		0.54		
Energy ... kcal	406		0	MC	9		122		
Energy ... kJ	1699		0	MC	9		510		
Protein (N x 6.25) ... g	5.70		0	MC	9		1.71		
Total lipid (fat) ... g	6.90		0	MC	9		2.07		
Ash ... g	2.60		0	MC	9		0.78		
Carbohydrate, by difference ... g	83.00		0	MC	9		24.90		
Fiber, total dietary ... g	3.4		0	MC	9		1.0		
Sugars, total ... g	11.00		0	MC	9		3.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	MC	9		7		
* Iron, Fe ... mg	6.00		0	MC	9		1.80		
Magnesium, Mg ... mg	36		0	MC	9		11		
Phosphorus, P ... mg	133		0	MC	9		40		
Potassium, K ... mg	151		0	MC	9		45		
Sodium, Na ... mg	386		0	MC	9		116		
* Zinc, Zn ... mg	5.00		0	MC	9		1.50		
Copper, Cu ... mg	0.000		0	MC	9		0.000		
Manganese, Mn ... mg	1.520		0	FLM	4		0.456		
Selenium, Se ... mcg	14.3		0	FLM	4		4.3		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	50.0		0	MC	9		15.0		
* Thiamin ... mg	1.300		0	MC	9		0.390		
* Riboflavin ... mg	1.400		0	MC	9		0.420		
* Niacin ... mg	16.700		0	MC	9		5.010		
Pantothenic acid ... mg	0.347		0	FLM	4		0.104		
* Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
* Folate, total ... mcg	333		0	MC	9		100		
* Folic acid ... mcg	314		0	NR	4		94		
Folate, food ... mcg	19		0	FLM	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		166		
Choline, total ... mg	12.1		0	FLM	4		3.6		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	500		0	NC	4		150		
* Retinol ... mcg	500		0	NR	4		150		
Carotene, beta ... mcg	1		0	BFPN	4		0		
Carotene, alpha ... mcg	0		0	BFPN	4		0		
Cryptoxanthin, beta ... mcg	1		0	BFPN	4		0		
* Vitamin A, IU ... IU	1667		0	MC	9		500		
Lycopene ... mcg	0		0	BFPN	4		0		
Lutein + zeaxanthin ... mcg	3		0	BFPN	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.77		0	FLM	4		0.23		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	12.2		0	FLM	4		3.7		
Lipids:									
Fatty acids, total saturated ... g	1.100		0	MC	9		0.330		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08520

Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.001		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.003		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.002		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.759		0	FLM	4		0.228		
17:0 ... g									
18:0 ... g	0.276		0	FLM	4		0.083		
20:0 ... g	0.023		0	FLM	4		0.007		
22:0 ... g	0.020		0	FLM	4		0.006		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	2.600		0	MC	9		0.780		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	FLM	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	2.572		0	FLM	4		0.772		
20:1 ... g	0.020		0	FLM	4		0.006		
22:1 undifferentiated ... g	0.002		0	FLM	4		0.001		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	1.900		0	MC	9		0.570		
18:2 undifferentiated ... g	1.706		0	FLM	4		0.512		
18:3 undifferentiated ... g	0.194		0	FLM	4		0.058		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	1.300		0	MC	9		0.390		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08258

Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.90		
Energy....kcal	350		0	MC	9		105		
Energy....kJ	1464		0	MC	9		439		
Protein (N x 6.25)....g	11.00		0	MC	9		3.30		
Total lipid (fat)....g	3.50		0	MC	9		1.05		
Ash....g	5.50		0	MC	9		1.65		
Carbohydrate, by difference....g	77.00		0	MC	9		23.10		
Fiber, total dietary....g	13.0		0	MC	9		3.9		
Sugars, total....g	20.00		0	MC	9		6.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	54		0	MC	9		16		
* Iron, Fe....mg	63.00		0	MC	9		18.90		
Magnesium, Mg....mg	150		0	MC	9		45		
Phosphorus, P....mg	350		0	MC	9		105		
Potassium, K....mg	400		0	MC	9		120		
Sodium, Na....mg	699		0	MC	9		210		
* Zinc, Zn....mg	52.00		0	MC	9		15.60		
Copper, Cu....mg	0.300		0	MC	9		0.090		
Manganese, Mn....mg	3.983		0	FLC	4		1.195		
Selenium, Se....mcg	17.0		0	RA	4		5.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	210.0		0	MC	9		63.0		
* Thiamin....mg	5.500		0	MC	9		1.650		
* Riboflavin....mg	6.000		0	MC	9		1.800		
* Niacin....mg	70.000		0	MC	9		21.000		
* Pantothenic acid....mg	35.000		0	MC	9		10.500		
* Vitamin B-6....mg	7.000		0	MC	9		2.100		
* Folate, total....mcg	1345		0	MC	9		404		
Folic acid....mcg	1326		0	NC	4		398		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	2273		0	NC	4		682		
Choline, total....mg	22.0		0	FLM	4		6.6		
Betaine....mg									
* Vitamin B-12....mcg	20.10		0	MC	9		6.03		
* Vitamin B-12, added....mcg	20.10		0	NR	4		6.03		
Vitamin A, RAE....mcg_RAE	782		0	NC	4		235		
Retinol....mcg	782		0	NC	4		235		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	2603		0	MC	9		781		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)....mg	41.85		0	MC	9		12.56		
* Vitamin E, added....mg	41.85		0	NR	4		12.56		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.5		0	MC	9		1.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	140		0	MC	9		42		
Vitamin K (phylloquinone)....mcg	1.9		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated....g	0.800		0	MC	9		0.240		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08258

Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.006		0	FLM	4		0.002		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.014		0	FLM	4		0.004		
13:0....g									
14:0....g	0.009		0	FLM	4		0.003		
15:0....g									
16:0....g	0.679		0	FLM	4		0.204		
17:0....g									
18:0....g	0.042		0	FLM	4		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.700		0	MC	9		0.510		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	FLM	4		0.004		
17:1....g									
18:1 undifferentiated....g	1.685		0	FLM	4		0.506		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0	MC	9		0.300		
18:2 undifferentiated....g	0.955		0	FLM	4		0.287		
18:3 undifferentiated....g	0.044		0	FLM	4		0.013		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08020

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Kellogg, Co.

Includes USDA Commodity B879

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.76		1	A	1		1.05		
Energy	kcal	361		0	MC	9		101		
Energy	kJ	1510		0	MC	9		423		
Protein (N x 6.25)	g	6.61		1	A	1		1.85		
Total lipid (fat)	g	0.59		1	A	1		0.17		
Ash	g	1.93		1	A	1		0.54		
Carbohydrate, by difference	g	87.11		0	NC	4		24.39		
Fiber, total dietary	g	2.5		1	A	1		0.7		
Sugars, total	g	10.50		0	AS	1		2.94		
Sucrose	g	4.06		1	A	1		1.14		
Glucose (dextrose)	g	4.18		1	A	1		1.17		
Fructose	g	1.36		1	A	1		0.38		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.90		1	A	1		0.25		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	68.70		1	A	1		19.24		
Minerals:										
Calcium, Ca	mg	4		1	A	1		1		
* Iron, Fe	mg	29.00		1	A	1		8.12		
Magnesium, Mg	mg	9		1	A	1		2		
Phosphorus, P	mg	37		1	A	1		10		
Potassium, K	mg	79		1	A	1		22		
Sodium, Na	mg	723		1	A	1		202		
Zinc, Zn	mg	0.18		1	A	1		0.05		
Copper, Cu	mg	0.108		1	A	1		0.030		
Manganese, Mn	mg	0.164		1	A	1		0.046		
Selenium, Se	mcg	8.3	3.333	7	JA	6		2.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	22.0		0	MC	9		6.2		
* Thiamin	mg	2.130		1	A	1		0.596		
* Riboflavin	mg	2.640		1	A	1		0.739		
* Niacin	mg	24.400		1	A	1		6.832		
Pantothenic acid	mg	0.079		1	A	1		0.022		
* Vitamin B-6	mg	3.440		1	A	1		0.963		
Folate, total	mcg	480		1	A	1		134		
* Folic acid	mcg	446		0	NC	4		125		
Folate, food	mcg	34		0	CAZN	4		10		
Folate, DFE	mcg_DFE	792		0	NC	4		222		
Choline, total	mg	3.9		0	AS	1		1.1		
Betaine	mg	0.7		1	A	1		0.2		
* Vitamin B-12	mcg	9.47		1	A	1		2.65		
* Vitamin B-12, added	mcg	9.47		0	NR	4		2.65		
Vitamin A, RAE	mcg_RAE	456		0	NC	4		128		
Retinol	mcg	440		0	NC	4		123		
Carotene, beta	mcg	162		1	A	1		45		
Carotene, alpha	mcg	19		1	A	1		5		
Cryptoxanthin, beta	mcg	50		1	A	1		14		
* Vitamin A, IU	IU	1791		0	FLM	4		501		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	339		0	NR	4		95		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLM	4		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.6		0	NR	4		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08020
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	143		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.172		0	NC	4		0.048		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.154		1	A	1		0.043		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.018		1	A	1		0.005		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.099		0	NC	4		0.028		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.099		1	A	1		0.028		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0	NC	4		0.081		
18:2 undifferentiated.....g	0.271		1	A	1		0.076		
18:3 undifferentiated.....g	0.018		1	A	1		0.005		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.011		
Threonine.....g	0.200		0	A	1		0.056		
Isoleucine.....g	0.220		0	A	1		0.062		
Leucine.....g	0.920		0	A	1		0.258		
Lysine.....g	0.070		0	A	1		0.020		
Methionine.....g	0.120		0	A	1		0.034		
Cystine.....g	0.120		0	A	1		0.034		
Phenylalanine.....g	0.330		0	A	1		0.092		
Tyrosine.....g	0.070		0	A	1		0.020		
Valine.....g	0.270		0	A	1		0.076		
Arginine.....g	0.100		0	A	1		0.028		
Histidine.....g	0.150		0	A	1		0.042		
Alanine.....g	0.510		0	A	1		0.143		
Aspartic acid.....g	0.350		0	A	1		0.098		
Glutamic acid.....g	1.370		0	A	1		0.384		
Glycine.....g	0.170		0	A	1		0.048		
Proline.....g	0.630		0	A	1		0.176		
Serine.....g	0.300		0	A	1		0.084		
Hydroxyproline.....g									
Others:									

NDB No. 08020
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08030

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.87		
Energy ... kcal	372		1	MC	9		108		
Energy ... kJ	1556		1	MC	9		451		
Protein (N x 6.25) ... g	5.00		1	MC	9		1.45		
Total lipid (fat) ... g	3.50		1	MC	9		1.02		
Ash ... g	1.50		0	O	4		0.44		
Carbohydrate, by difference ... g	87.00		1	MC	9		25.23		
Fiber, total dietary ... g	9.0		1	MC	9		2.6		
Sugars, total ... g	43.00		1	MC	9		12.47		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	78		0	MC	9		23		
Iron, Fe ... mg	14.10		0	MC	9		4.09		
Magnesium, Mg ... mg	23		0	FLA	4		7		
Phosphorus, P ... mg	64		0	MC	9		19		
Potassium, K ... mg	109		0	MC	9		32		
Sodium, Na ... mg	460		1	MC	9		133		
Zinc, Zn ... mg	5.17		1	LC	8		1.50		
Copper, Cu ... mg	0.089	0.002	12	A	1		0.026		
Manganese, Mn ... mg	0.560	0.013	12	A	1		0.163		
Selenium, Se ... mcg	5.9	0.222	12	A	1		1.7		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	52.0		1	MC	9		15.1		
* Thiamin ... mg	1.200		0	MC	9		0.348		
Riboflavin ... mg	1.300		0	MC	9		0.377		
Niacin ... mg	15.600		0	MC	9		4.524		
Pantothenic acid ... mg	0.347	0.009	4	A	1		0.101		
Vitamin B-6 ... mg	1.600		0	MC	9		0.464		
Folate, total ... mcg	313		0	MC	9		91		
* Folic acid ... mcg	294		0	NC	4		85		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	519		0	NC	4		150		
Choline, total ... mg	10.5		0	A	1		3.0		
Betaine ... mg									
* Vitamin B-12 ... mcg	4.70		0	MC	9		1.36		
* Vitamin B-12, added ... mcg	4.70		0	NR	4		1.36		
Vitamin A, RAE ... mcg_RAE	466		0	NC	4		135		
Retinol ... mcg	463		0	NR	4		134		
Carotene, beta ... mcg	30		0	FLM	4		9		
Carotene, alpha ... mcg	20		0	FLM	4		6		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	1610		0	MC	9		467		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	425		0	FLM	4		123		
Vitamin E (alpha-tocopherol) ... mg	0.10		0	FLA	4		0.03		
Vitamin E, added ... mg	0.00		0	NR	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.5		0	NR	4		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	138		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	0.1		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	2.013		0	NC	4		0.584		
4:0 ... g	0.002		0	FLM	4		0.000		

NDB No. 08030
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.017		0	FLM	4		0.005		
8:0 g	0.174		1	A	1		0.051		
10:0 g	0.134		1	A	1		0.039		
12:0 g	0.731		1	A	1		0.212		
13:0 g									
14:0 g	0.309		1	A	1		0.090		
15:0 g	0.003		1	A	1		0.001		
16:0 g	0.339		1	A	1		0.098		
17:0 g	0.001		1	A	1		0.000		
18:0 g	0.297		0	FLM	4		0.086		
20:0 g	0.004		1	A	1		0.001		
22:0 g	0.001		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	0.326		0	NC	4		0.095		
14:1 g	0.000		1	A	1		0.000		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.001		0	AS	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.319		0	AS	1		0.093		
20:1 g	0.006		1	A	1		0.002		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.530		0	NC	4		0.154		
18:2 undifferentiated g	0.505		0	AS	1		0.146		
18:3 undifferentiated g	0.020		0	AS	1		0.006		
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:4 undifferentiated g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.004		1	A	1		0.001		
22:5 n-3 (DPA) g	0.001		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.000		0	MC	9		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.085		0	A	1		0.025		
Threonine g	0.159		0	A	1		0.046		
Isoleucine g	0.149		0	A	1		0.043		
Leucine g	0.414		0	A	1		0.120		
Lysine g	0.096		0	A	1		0.028		
Methionine g	0.074		0	A	1		0.022		
Cystine g	0.085		0	A	1		0.025		
Phenylalanine g	0.233		0	A	1		0.068		
Tyrosine g	0.138		0	A	1		0.040		
Valine g	0.191		0	A	1		0.055		
Arginine g	0.170		0	A	1		0.049		
Histidine g	0.096		0	A	1		0.028		
Alanine g	0.244		0	A	1		0.071		
Aspartic acid g	0.318		0	A	1		0.092		
Glutamic acid g	1.284		0	A	1		0.372		
Glycine g	0.191		0	A	1		0.055		
Proline g	0.329		0	A	1		0.095		
Serine g	0.255		0	A	1		0.074		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 08030
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08069

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.27	0.111	4	A	1	C	0.98	1.28	
Energy ... kcal	367		0	MC	9		110	143	
Energy ... kJ	1536		0	MC	9		461	599	
Protein (N x 6.25) ... g	4.34	0.060	4	A	1	C	1.30	1.69	
Total lipid (fat) ... g	0.26	0.074	4	A	1	C	0.08	0.10	
Ash ... g	1.26	0.016	4	A	1	C	0.38	0.49	
Carbohydrate, by difference ... g	90.86		0	NC	4		27.26	35.44	
Fiber, total dietary ... g	1.8	0.104	4	A	1	C	0.6	0.7	
Sugars, total ... g	38.72	1.513	4	A	1	C	11.61	15.10	
Sucrose ... g	35.62	1.471	4	A	1	C	10.69	13.89	
Glucose (dextrose) ... g	1.42	0.087	4	A	1	C	0.43	0.55	
Fructose ... g	1.23	0.052	4	A	1	C	0.37	0.48	
Lactose ... g	0.00	0.000	4	A	1	C	0.00	0.00	
Maltose ... g	0.45	0.125	4	A	1	C	0.13	0.17	
Galactose ... g	0.00	0.000	4	A	1	C	0.00	0.00	
Starch ... g	44.02	0.184	4	A	1	C	13.21	17.17	
Minerals:									
Calcium, Ca ... mg	3	0.172	12	A	1	C	1	1	
* Iron, Fe ... mg	23.41	0.809	12	A	1	C	7.02	9.13	
Magnesium, Mg ... mg	7	0.075	12	A	1	C	2	3	
Phosphorus, P ... mg	41	0.686	12	A	1	C	12	16	
Potassium, K ... mg	73		0	MC	9	C	22	28	
Sodium, Na ... mg	462	6.205	12	A	1	C	139	180	
Zinc, Zn ... mg	0.14	0.005	12	A	1	C	0.04	0.06	
Copper, Cu ... mg	0.037	0.000	12	A	1	C	0.011	0.014	
Manganese, Mn ... mg	0.043	0.001	12	A	1	C	0.013	0.017	
Selenium, Se ... mcg	4.4	0.709	12	A	1	C	1.3	1.7	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	26.7	0.977	4	A	1	C	8.0	10.4	
* Thiamin ... mg	2.057	0.058	4	A	1	C	0.617	0.802	
* Riboflavin ... mg	1.892	0.067	12	A	1	C	0.567	0.738	
* Niacin ... mg	26.750	0.155	4	A	1	C	8.025	10.432	
Pantothenic acid ... mg	0.215	0.006	4	A	1	C	0.064	0.084	
* Vitamin B-6 ... mg	2.925	0.111	4	A	1	C	0.877	1.141	
Folate, total ... mcg	382		0	NC	4		114	149	
* Folic acid ... mcg	362	7.857	4	A	1	C	109	141	
Folate, food ... mcg	19		0	CAAN	4		6	7	
Folate, DFE ... mcg_DFE	635		0	NC	4		191	248	
Choline, total ... mg	3.0		0	O	4		0.9	1.2	
Betaine ... mg									
* Vitamin B-12 ... mcg	8.00	0.543	4	A	1	C	2.40	3.12	
* Vitamin B-12, added ... mcg	8.00		0	NR	4		2.40	3.12	
Vitamin A, RAE ... mcg_RAE	589		0	NC	4		177	230	
Retinol ... mcg	554	27.047	4	A	1	C	166	216	
Carotene, beta ... mcg	52		0	FLM	4		16	20	
Carotene, alpha ... mcg	34		0	FLM	4		10	13	
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0	0	
* Vitamin A, IU ... IU	1961		0	NC	4		588	765	
Lycopene ... mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin ... mcg	731		0	FLM	4		219	285	
Vitamin E (alpha-tocopherol) ... mg	0.09		0	FLA	4		0.03	0.04	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.2		0	MC	9		1.0	1.3	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08069
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	129		0	MC	9		39	50	
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.069		0	NC	4		0.021	0.027	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.010		1	A	1	D	0.003	0.004	
10:0.....g	0.009		1	A	1	D	0.003	0.003	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.001		1	A	1	D	0.000	0.000	
15:0.....g	0.001		1	A	1	D	0.000	0.000	
16:0.....g	0.034		1	A	1	D	0.010	0.013	
17:0.....g	0.000		1	A	1	D	0.000	0.000	
18:0.....g	0.011		1	A	1	D	0.003	0.004	
20:0.....g	0.001		1	A	1	D	0.000	0.000	
22:0.....g	0.001		1	A	1	D	0.000	0.000	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.012	0.016	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1	D	0.000	0.000	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	0.040		0	AS	1		0.012	0.016	
18:1 c.....g	0.040		1	A	1	D	0.012	0.016	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1	D	0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1	D	0.000	0.000	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.102		0	NC	4		0.031	0.040	
18:2 undifferentiated.....g	0.096		0	AS	1		0.029	0.037	
18:2 n-6 c,c.....g	0.096		1	A	1	D	0.029	0.037	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1	D	0.000	0.000	
18:3 undifferentiated.....g	0.005		0	AS	1		0.001	0.002	
18:3 n-3 c,c,c (ALA).....g	0.005		1	A	1	D	0.001	0.002	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		1	A	1	D	0.000	0.000	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1	D	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	

NDB No. 08069
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0	MC	9		0.007	0.009	
Threonine.....g	0.109		0	MC	9		0.033	0.042	
Isoleucine.....g	0.124		0	MC	9		0.037	0.048	
Leucine.....g	0.528		0	MC	9		0.158	0.206	
Lysine.....g	0.023		0	MC	9		0.007	0.009	
Methionine.....g	0.054		0	MC	9		0.016	0.021	
Cystine.....g	0.054		0	MC	9		0.016	0.021	
Phenylalanine.....g	0.186		0	MC	9		0.056	0.073	
Tyrosine.....g	0.078		0	MC	9		0.023	0.030	
Valine.....g	0.163		0	MC	9		0.049	0.064	
Arginine.....g	0.070		0	MC	9		0.021	0.027	
Histidine.....g	0.093		0	MC	9		0.028	0.036	
Alanine.....g	0.295		0	MC	9		0.088	0.115	
Aspartic acid.....g	0.202		0	MC	9		0.061	0.079	
Glutamic acid.....g	0.776		0	MC	9		0.233	0.303	
Glycine.....g	0.101		0	MC	9		0.030	0.039	
Proline.....g	0.241		0	MC	9		0.072	0.094	
Serine.....g	0.163		0	MC	9		0.049	0.064	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 39g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08319

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.54		
Energy	kcal	344		0	MC	9		203		
Energy	kJ	1439		0	MC	9		849		
Protein (N x 6.25)	g	10.10		0	MC	9		5.96		
Total lipid (fat)	g	1.60		0	MC	9		0.94		
Ash	g	1.30		0	MC	9		0.77		
Carbohydrate, by difference	g	81.00		0	MC	9		47.79		
Fiber, total dietary	g	10.0		0	MC	9		5.9		
Sugars, total	g	20.10		0	MC	9		11.86		
Starch	g									
Minerals:										
* Calcium, Ca	mg	32		0	MC	9		19		
* Iron, Fe	mg	28.00		0	MC	9		16.52		
Magnesium, Mg	mg	118		0	MC	9		70		
Phosphorus, P	mg	294		0	MC	9		173		
Potassium, K	mg	345		0	MC	9		204		
Sodium, Na	mg	8		0	MC	9		5		
* Zinc, Zn	mg	3.20		0	MC	9		1.89		
Copper, Cu	mg	0.320		0	MC	9		0.189		
Manganese, Mn	mg									
Selenium, Se	mcg	4.1		0	BFZN	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.740		0	MC	9		0.437		
* Riboflavin	mg	0.830		0	MC	9		0.490		
* Niacin	mg	9.800		0	MC	9		5.782		
Pantothenic acid	mg									
* Vitamin B-6	mg	0.980		0	MC	9		0.578		
* Folate, total	mcg	196		0	MC	9		116		
Folic acid	mcg	177		0	NC	4		104		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	320		0	NC	4		189		
Choline, total	mg									
Betaine	mg									
* Vitamin B-12	mcg	2.94		0	MC	9		1.73		
* Vitamin B-12, added	mcg	2.94		0	NR	4		1.73		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.360		0	MC	9		0.212		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		

NDB No. 08319

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.020		0	FLM	4		0.012		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.003		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.303		0	FLM	4		0.179		
17:0 ... g									
18:0 ... g	0.017		0	FLM	4		0.010		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.240		0	MC	9		0.142		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	0.227		0	FLM	4		0.134		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.000		0	MC	9		0.590		
18:2 undifferentiated ... g	0.947		0	FLM	4		0.559		
18:3 undifferentiated ... g	0.049		0	FLM	4		0.029		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.003		0	FLM	4		0.002		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 24 biscuit (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08032

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.90		0	MC	9		0.87		
Energy ... kcal	384		0	MC	9		115		
Energy ... kJ	1607		0	MC	9		482		
Protein (N x 6.25) ... g	5.00		0	MC	9		1.50		
Total lipid (fat) ... g	0.90		0	MC	9		0.27		
Ash ... g	2.20		0	MC	9		0.66		
Carbohydrate, by difference ... g	89.00		0	MC	9		26.70		
Fiber, total dietary ... g	0.3		0	MC	9		0.1		
Sugars, total ... g	39.00		0	MC	9		11.70		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0	MC	9		3		
* Iron, Fe ... mg	18.00		0	MC	9		5.40		
Magnesium, Mg ... mg	27		0	MC	9		8		
Phosphorus, P ... mg	93		0	MC	9		28		
Potassium, K ... mg	91		0	MC	9		27		
Sodium, Na ... mg	643		0	MC	9		193		
Zinc, Zn ... mg	0.00		0	MC	9		0.00		
Copper, Cu ... mg	0.000		0	MC	9		0.000		
Manganese, Mn ... mg	0.749		0	FLC	4		0.225		
Selenium, Se ... mcg	15.4		0	BFZN	4		4.6		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.0		
* Thiamin ... mg	1.300		0	MC	9		0.390		
* Riboflavin ... mg	1.400		0	MC	9		0.420		
* Niacin ... mg	17.000		0	MC	9		5.100		
Pantothenic acid ... mg	0.693		0	FLC	4		0.208		
Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
Folate, total ... mcg	333		0	MC	9		100		
* Folic acid ... mcg	329		0	NR	4		99		
Folate, food ... mcg	4		0	CAZN	4		1		
Folate, DFE ... mcg_DFE	563		0	NC	4		169		
Choline, total ... mg	8.4		0	BFZN	4		2.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	743		0	NC	4		223		
* Retinol ... mcg	742		0	NC	4		223		
Carotene, beta ... mcg	0		0	FLM	4		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	2474		0	MC	9		742		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.08		0	FLM	4		0.02		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.090		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08032
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.006		0	FLM	4		0.002		
15:0....g									
16:0....g	0.268		0	FLM	4		0.080		
17:0....g									
18:0....g	0.020		0	FLM	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.300		0	MC	9		0.090		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.296		0	FLM	4		0.089		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0	MC	9		0.090		
18:2 undifferentiated....g	0.248		0	FLM	4		0.074		
18:3 undifferentiated....g	0.053		0	FLM	4		0.016		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08309

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.90		
Energy ... kcal	385		0	MC	9		116		
Energy ... kJ	1611		0	MC	9		483		
Protein (N x 6.25) ... g	6.80		0	MC	9		2.04		
Total lipid (fat) ... g	1.90		0	MC	9		0.57		
Ash ... g	2.10		0	MC	9		0.63		
Carbohydrate, by difference ... g	87.00		0	MC	9		26.10		
Fiber, total dietary ... g	3.4		0	MC	9		1.0		
Sugars, total ... g	33.00		0	MC	9		9.90		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	22		0	MC	9		7		
* Iron, Fe ... mg	6.20		0	MC	9		1.86		
Magnesium, Mg ... mg	22		0	MC	9		7		
Phosphorus, P ... mg	60		0	MC	9		18		
Potassium, K ... mg	102		0	MC	9		31		
Sodium, Na ... mg	700		0	MC	9		210		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg	0.100		0	MC	9		0.030		
Manganese, Mn ... mg	0.150		0	FLC	4		0.045		
Selenium, Se ... mcg	5.1		0	BFZN	4		1.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	20.0		0	MC	9		6.0		
* Thiamin ... mg	1.250		0	MC	9		0.375		
* Riboflavin ... mg	1.500		0	MC	9		0.450		
* Niacin ... mg	16.600		0	MC	9		4.980		
Pantothenic acid ... mg	0.217		0	FLC	4		0.065		
* Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
* Folate, total ... mcg	333		0	MC	9		100		
Folic acid ... mcg	314		0	NC	4		94		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		166		
Choline, total ... mg	7.9		0	FLM	4		2.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	502		0	NC	4		150		
Retinol ... mcg	464		0	FLM	4		139		
Carotene, beta ... mcg	56		0	FLM	4		17		
Carotene, alpha ... mcg	37		0	FLM	4		11		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	1670		0	FLM	4		501		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	784		0	FLM	4		235		
Vitamin E (alpha-tocopherol) ... mg	0.57		0	FLM	4		0.17		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.5		0	MC	9		1.1		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	140		0	MC	9		42		
Vitamin K (phylloquinone) ... mcg	0.2		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.090		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08309

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.001		0	FLM	4		0.000		
15:0....g									
16:0....g	0.248		0	FLM	4		0.074		
17:0....g									
18:0....g	0.040		0	FLM	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.000		0	MC	9		0.300		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.991		0	FLM	4		0.297		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	MC	9		0.180		
18:2 undifferentiated....g	0.589		0	FLM	4		0.177		
18:3 undifferentiated....g	0.011		0	FLM	4		0.003		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08071

Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.68		
Energy ... kcal	387		0	MC	9		104		
Energy ... kJ	1619		0	MC	9		437		
Protein (N x 6.25) ... g	6.40		0	MC	9		1.73		
Total lipid (fat) ... g	1.85		0	MC	9		0.50		
Ash ... g	0.50		0	O	4		0.14		
Carbohydrate, by difference ... g	89.00		0	MC	9		24.03		
Fiber, total dietary ... g	3.7		0	MC	9		1.0		
Sugars, total ... g	56.00		0	MC	9		15.12		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	MC	9		6		
Iron, Fe ... mg	1.30		0	MC	9		0.35		
Magnesium, Mg ... mg	59		0	MC	9		16		
Phosphorus, P ... mg	171		0	MC	9		46		
Potassium, K ... mg	151		0	MC	9		41		
Sodium, Na ... mg	186		0	MC	9		50		
Zinc, Zn ... mg	1.30		0	MC	9		0.35		
Copper, Cu ... mg	0.200		0	MC	9		0.054		
Manganese, Mn ... mg	1.401		0	FLC	4		0.378		
Selenium, Se ... mcg	48.6		0	BFZN	4		13.1		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	22.6		0	MC	9		6.1		
* Thiamin ... mg	1.400		0	MC	9		0.378		
* Riboflavin ... mg	1.600		0	MC	9		0.432		
* Niacin ... mg	18.500		0	MC	9		4.995		
Pantothenic acid ... mg	0.371		0	FLC	4		0.100		
* Vitamin B-6 ... mg	1.900		0	MC	9		0.513		
* Folate, total ... mcg	375		0	MC	9		101		
Folic acid ... mcg	356		0	NC	4		96		
Folate, food ... mcg	19		0	CAAN	4		5		
Folate, DFE ... mcg_DFE	624		0	NC	4		169		
Choline, total ... mg	20.0		0	BFZN	4		5.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.60		0	MC	9		1.51		
* Vitamin B-12, added ... mcg	5.60		0	NR	4		1.51		
Vitamin A, RAE ... mcg_RAE	566		0	NC	4		153		
Retinol ... mcg	566		0	NC	4		153		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1885		0	MC	9		509		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.47		0	FLM	4		0.13		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	148		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.2		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.081		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08071
Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.007		0	FLM	4		0.002		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.002		0	FLM	4		0.001		
15:0....g									
16:0....g	0.183		0	FLM	4		0.049		
17:0....g									
18:0....g	0.097		0	FLM	4		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.650		0	MC	9		0.176		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.643		0	FLM	4		0.174		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	MC	9		0.243		
18:2 undifferentiated....g	0.846		0	FLM	4		0.228		
18:3 undifferentiated....g	0.042		0	FLM	4		0.011		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	1.000		0	MC	9		0.270		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08283
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.90		0	MC	9		3.13		
Energy ... kcal	366		0	MC	9		194		
Energy ... kJ	1531		0	MC	9		812		
Protein (N x 6.25) ... g	7.00		0	MC	9		3.71		
Total lipid (fat) ... g	3.30		0	MC	9		1.75		
Ash ... g	2.10		0	MC	9		1.11		
Carbohydrate, by difference ... g	81.70		0	MC	9		43.30		
Fiber, total dietary ... g	5.2		0	MC	9		2.8		
Sugars, total ... g	25.00		0	MC	9		13.25		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0	MC	9		19		
* Iron, Fe ... mg	27.00		0	MC	9		14.31		
Magnesium, Mg ... mg	52		0	MC	9		28		
Phosphorus, P ... mg	179		0	MC	9		95		
Potassium, K ... mg	269		0	MC	9		143		
Sodium, Na ... mg	459		0	MC	9		243		
* Zinc, Zn ... mg	1.30		0	MC	9		0.69		
Copper, Cu ... mg	0.200		0	MC	9		0.106		
Manganese, Mn ... mg	1.428		0	FLM	4		0.757		
Selenium, Se ... mcg	5.1		0	RA	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.600		0	MC	9		0.318		
* Riboflavin ... mg	0.700		0	MC	9		0.371		
* Niacin ... mg	8.300		0	MC	9		4.399		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
* Vitamin B-6 ... mg	3.300		0	MC	9		1.749		
Folate, total ... mcg	668		0	MC	9		354		
* Folic acid ... mcg	649		0	NC	4		344		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	1122		0	NC	4		595		
Choline, total ... mg	15.9		0	FLM	4		8.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	10.00		0	MC	9		5.30		
* Vitamin B-12, added ... mcg	10.00		0	NR	4		5.30		
Vitamin A, RAE ... mcg_RAE	249		0	NC	4		132		
Retinol ... mcg	249		0	NC	4		132		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	828		0	MC	9		439		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	2.25		0	MC	9		1.19		
* Vitamin E, added ... mg	2.25		0	NR	4		1.19		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.1		0	MC	9		1.1		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	83		0	MC	9		44		
Vitamin K (phylloquinone) ... mcg	1.0		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.500		0	MC	9		0.265		

NDB No. 08283
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.006		0	FLM	4		0.003		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0	FLM	4		0.001		
13:0....g									
14:0....g	0.002		0	FLM	4		0.001		
15:0....g									
16:0....g	0.416		0	FLM	4		0.220		
17:0....g									
18:0....g	0.059		0	FLM	4		0.032		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.500		0	MC	9		0.795		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	FLM	4		0.008		
17:1....g									
18:1 undifferentiated....g	1.485		0	FLM	4		0.787		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.689		
18:2 undifferentiated....g	1.272		0	FLM	4		0.674		
18:3 undifferentiated....g	0.027		0	FLM	4		0.014		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08284

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.50		0	MC	9		2.10		
Energy ... kcal	384		0	MC	9		230		
Energy ... kJ	1607		0	MC	9		964		
Protein (N x 6.25) ... g	7.80		0	MC	9		4.68		
Total lipid (fat) ... g	5.00		0	MC	9		3.00		
Ash ... g	2.00		0	MC	9		1.20		
Carbohydrate, by difference ... g	81.70		0	MC	9		49.02		
Fiber, total dietary ... g	6.4		0	MC	9		3.8		
Sugars, total ... g	29.00		0	MC	9		17.40		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	38		0	MC	9		23		
Iron, Fe ... mg	3.00		0	MC	9		1.80		
Magnesium, Mg ... mg	74		0	MC	9		44		
Phosphorus, P ... mg	234		0	MC	9		140		
Potassium, K ... mg	307		0	MC	9		184		
Sodium, Na ... mg	247		0	MC	9		148		
* Zinc, Zn ... mg	6.30		0	MC	9		3.78		
Copper, Cu ... mg	0.600		0	MC	9		0.360		
Manganese, Mn ... mg									
Selenium, Se ... mcg	17.3		0	BFZN	4		10.4		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	2.0		0	MC	9		1.2		
* Thiamin ... mg	0.600		0	MC	9		0.360		
* Riboflavin ... mg	0.700		0	MC	9		0.420		
* Niacin ... mg	8.300		0	MC	9		4.980		
Pantothenic acid ... mg	0.617		0	FLM	4		0.370		
* Vitamin B-6 ... mg	3.300		0	MC	9		1.980		
Folate, total ... mcg	667		0	MC	9		400		
* Folic acid ... mcg	648		0	NR	4		389		
Folate, food ... mcg	19		0	CAAN	4		11		
Folate, DFE ... mcg_DFE	1121		0	NC	4		672		
Choline, total ... mg	23.0		0	FLM	4		13.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	10.00		0	MC	9		6.00		
* Vitamin B-12, added ... mcg	10.00		0	NR	4		6.00		
Vitamin A, RAE ... mcg_RAE	375		0	NC	4		225		
Retinol ... mcg	375		0	NR	4		225		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1250		0	MC	9		750		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	2.25		0	MC	9		1.35		
* Vitamin E, added ... mg	2.25		0	NR	4		1.35		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	67		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	2.1		0	FLM	4		1.3		
Lipids:									
Fatty acids, total saturated ... g	1.400		0	MC	9		0.840		
4:0 ... g	0.001		0	FLM	4		0.000		

NDB No. 08284

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.004		0	FLM	4		0.002		
13:0....g									
14:0....g	0.028		0	FLM	4		0.017		
15:0....g									
16:0....g	1.217		0	FLM	4		0.730		
17:0....g									
18:0....g	0.129		0	FLM	4		0.078		
20:0....g	0.000		0	FLM	4		0.000		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.000		0	MC	9		1.200		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0	FLM	4		0.012		
17:1....g									
18:1 undifferentiated....g	1.975		0	FLM	4		1.185		
20:1....g	0.003		0	FLM	4		0.002		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.600		0	MC	9		0.960		
18:2 undifferentiated....g	1.558		0	FLM	4		0.935		
18:3 undifferentiated....g	0.040		0	FLM	4		0.024		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08189

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		1.72		
Energy	kcal	387		0	MC	9		190		
Energy	kJ	1619		0	MC	9		793		
Protein (N x 6.25)	g	8.00		0	MC	9		3.92		
Total lipid (fat)	g	5.20		0	MC	9		2.55		
Ash	g	1.80		0	MC	9		0.88		
Carbohydrate, by difference	g	81.50		0	MC	9		39.94		
Fiber, total dietary	g	6.1		0	MC	9		3.0		
Sugars, total	g	28.00		0	MC	9		13.72		
Starch	g									
Minerals:										
* Calcium, Ca	mg	39		0	MC	9		19		
* Iron, Fe	mg	3.70		0	MC	9		1.81		
Magnesium, Mg	mg	76		0	MC	9		37		
Phosphorus, P	mg	240		0	MC	9		118		
Potassium, K	mg	249		0	MC	9		122		
Sodium, Na	mg	219		0	MC	9		107		
Zinc, Zn	mg	7.70		0	MC	9		3.77		
Copper, Cu	mg	0.600		0	MC	9		0.294		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		8.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	2.0		0	MC	9		1.0		
* Thiamin	mg	0.800		0	MC	9		0.392		
* Riboflavin	mg	0.900		0	MC	9		0.441		
* Niacin	mg	10.200		0	MC	9		4.998		
Pantothenic acid	mg									
Vitamin B-6	mg	4.100		0	MC	9		2.009		
Folate, total	mcg	816		0	MC	9		400		
* Folic acid	mcg	797		0	NC	4		391		
Folate, food	mcg	19		0	CAAN	4		9		
Folate, DFE	mcg_DFE	1374		0	NC	4		673		
Choline, total	mg	22.6		0	FLM	4		11.1		
Betaine	mg									
* Vitamin B-12	mcg	12.20		0	MC	9		5.98		
* Vitamin B-12, added	mcg	12.20		0	NR	4		5.98		
Vitamin A, RAE	mcg_RAE	460		0	NC	4		225		
Retinol	mcg	460		0	NR	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1531		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	2.43		0	FLM	4		1.19		
Vitamin E, added	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.0		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	82		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	1.3		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	1.300		0	MC	9		0.637		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08189

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.005		0	FLM	4		0.002		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.003		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.019		0	FLM	4		0.009		
15:0 ... g									
16:0 ... g	1.111		0	FLM	4		0.544		
17:0 ... g									
18:0 ... g	0.141		0	FLM	4		0.069		
20:0 ... g	0.001		0	FLM	4		0.001		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	2.200		0	MC	9		1.078		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.019		0	FLM	4		0.009		
17:1 ... g									
18:1 undifferentiated ... g	2.178		0	FLM	4		1.067		
20:1 ... g	0.001		0	FLM	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	1.700		0	MC	9		0.833		
18:2 undifferentiated ... g	1.672		0	FLM	4		0.819		
18:3 undifferentiated ... g	0.027		0	FLM	4		0.013		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08376

Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	394		0	MC	9		118		
Energy ... kJ	1648		0	MC	9		494		
Protein (N x 6.25) ... g	4.00		0	MC	9		1.20		
Total lipid (fat) ... g	2.40		0	MC	9		0.72		
Ash ... g	1.10		0	MC	9		0.33		
Carbohydrate, by difference ... g	90.00		0	MC	9		27.00		
Fiber, total dietary ... g	1.5		0	MC	9		0.5		
Sugars, total ... g	53.00		0	MC	9		15.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0	MC	9		3		
Iron, Fe ... mg	15.00		0	MC	9		4.50		
Magnesium, Mg ... mg	26		0	FLM	4		8		
Phosphorus, P ... mg	58		0	MC	9		17		
Potassium, K ... mg	85		0	MC	9		26		
Sodium, Na ... mg	359		0	MC	9		108		
Zinc, Zn ... mg	6.20		0	MC	9		1.86		
Copper, Cu ... mg	0.112		0	FLM	4		0.034		
Manganese, Mn ... mg	0.623		0	FLM	4		0.187		
Selenium, Se ... mcg	9.0		0	FLM	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	50.0		0	MC	9		15.0		
Thiamin ... mg	1.300		0	MC	9		0.390		
Riboflavin ... mg	1.400		0	MC	9		0.420		
Niacin ... mg	16.700		0	MC	9		5.010		
Pantothenic acid ... mg	0.064		0	FLM	4		0.019		
Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
Folate, total ... mcg	333		0	MC	9		100		
* Folic acid ... mcg	314		0	NC	4		94		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		166		
Choline, total ... mg	4.6		0	FLM	4		1.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	487		0	NC	4		146		
Retinol ... mcg	485		0	NR	4		146		
Carotene, beta ... mcg	21		0	FLM	4		6		
Carotene, alpha ... mcg	14		0	FLM	4		4		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	1667		0	MC	9		500		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	324		0	FLM	4		97		
Vitamin E (alpha-tocopherol) ... mg	0.23		0	FLM	4		0.07		
Vitamin E, added ... mg	0.00		0	NR	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	0.7		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	1.300		0	MC	9		0.390		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08376
Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.013		0	FLM	4		0.004		
13:0 ... g									
14:0 ... g	0.010		0	FLM	4		0.003		
15:0 ... g									
16:0 ... g	0.914		0	FLM	4		0.274		
17:0 ... g									
18:0 ... g	0.298		0	FLM	4		0.089		
20:0 ... g	0.007		0	FLM	4		0.002		
22:0 ... g	0.008		0	FLM	4		0.002		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.300		0	MC	9		0.090		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	FLM	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.299		0	FLM	4		0.090		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.800		0	MC	9		0.240		
18:2 undifferentiated ... g	0.765		0	FLM	4		0.230		
18:3 undifferentiated ... g	0.030		0	FLM	4		0.009		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08286

Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	8.70		0	MC	9		4.79		
Energy ... kcal	357		0	MC	9		196		
Energy ... kJ	1494		0	MC	9		822		
Protein (N x 6.25) ... g	9.10		0	MC	9		5.01		
Total lipid (fat) ... g	5.50		0	MC	9		3.03		
Ash ... g	3.70		0	MC	9		2.04		
Carbohydrate, by difference ... g	73.00		0	MC	9		40.15		
Fiber, total dietary ... g	7.3		0	MC	9		4.0		
Sugars, total ... g	31.00		0	MC	9		17.05		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	58		0	MC	9		32		
* Iron, Fe ... mg	8.20		0	MC	9		4.51		
Magnesium, Mg ... mg	89		0	MC	9		49		
Phosphorus, P ... mg	182		0	MC	9		100		
Potassium, K ... mg	436		0	MC	9		240		
Sodium, Na ... mg	309		0	MC	9		170		
* Zinc, Zn ... mg	6.80		0	MC	9		3.74		
Copper, Cu ... mg	0.200		0	MC	9		0.110		
Manganese, Mn ... mg	2.177		0	BFZN	4		1.197		
Selenium, Se ... mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	0.4		0	MC	9		0.2		
* Thiamin ... mg	0.800		0	MC	9		0.440		
* Riboflavin ... mg	0.800		0	MC	9		0.440		
* Niacin ... mg	10.000		0	MC	9		5.500		
Pantothenic acid ... mg	4.600		0	MC	9		2.530		
* Vitamin B-6 ... mg	3.700		0	MC	9		2.035		
* Folate, total ... mcg	738		0	MC	9		406		
* Folic acid ... mcg	719		0	NC	4		395		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	1241		0	NC	4		683		
Choline, total ... mg	22.6		0	FLM	4		12.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	11.00		0	MC	9		6.05		
* Vitamin B-12, added ... mcg	11.00		0	NR	4		6.05		
Vitamin A, RAE ... mcg_RAE	164		0	NC	4		90		
Retinol ... mcg	164		0	NC	4		90		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	545		0	MC	9		300		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	7.20		0	MC	9		3.96		
* Vitamin E, added ... mg	7.20		0	NR	4		3.96		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.7		0	MC	9		0.4		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	29		0	MC	9		16		
Vitamin K (phylloquinone) ... mcg	2.9		0	O	4		1.6		
Lipids:									
Fatty acids, total saturated ... g	0.800		0	MC	9		0.440		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08286
Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.004		0	FLM	4		0.002		
13:0....g									
14:0....g	0.005		0	FLM	4		0.003		
15:0....g									
16:0....g	0.587		0	FLM	4		0.323		
17:0....g									
18:0....g	0.171		0	FLM	4		0.094		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.595		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0	FLM	4		0.014		
17:1....g									
18:1 undifferentiated....g	2.864		0	FLM	4		1.575		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.800		0	MC	9		0.990		
18:2 undifferentiated....g	1.740		0	FLM	4		0.957		
18:3 undifferentiated....g	0.055		0	FLM	4		0.030		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	MC	9		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08058

Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.90		
Energy ... kcal	333		0	MC	9		100		
Energy ... kJ	1393		0	MC	9		418		
Protein (N x 6.25) ... g	7.70		0	MC	9		2.31		
Total lipid (fat) ... g	1.40		0	MC	9		0.42		
Ash ... g	4.90		0	MC	9		1.47		
Carbohydrate, by difference ... g	83.00		0	MC	9		24.90		
Fiber, total dietary ... g	3.3		0	MC	9		1.0		
Sugars, total ... g	13.30		0	MC	9		3.99		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	16		0	MC	9		5		
* Iron, Fe ... mg	60.30		0	MC	9		18.09		
Magnesium, Mg ... mg	53		0	MC	9		16		
Phosphorus, P ... mg	133		0	MC	9		40		
Potassium, K ... mg	167		0	MC	9		50		
Sodium, Na ... mg	690		0	MC	9		207		
* Zinc, Zn ... mg	51.00		0	MC	9		15.30		
Copper, Cu ... mg	0.120		0	MC	9		0.036		
Manganese, Mn ... mg	1.127		0	FLC	4		0.338		
Selenium, Se ... mcg	12.0	1.512	7	A	1		3.6		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	204.0		0	MC	9		61.2		
* Thiamin ... mg	5.000		0	MC	9		1.500		
* Riboflavin ... mg	5.700		0	MC	9		1.710		
* Niacin ... mg	66.700		0	MC	9		20.010		
Pantothenic acid ... mg	33.600		0	MC	9		10.080		
* Vitamin B-6 ... mg	6.900		0	MC	9		2.070		
* Folate, total ... mcg	1333		0	MC	9		400		
Folic acid ... mcg	1314		0	NC	4		394		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	2253		0	NC	4		676		
Choline, total ... mg	19.3		0	FLM	4		5.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	20.00		0	MC	9		6.00		
* Vitamin B-12, added ... mcg	20.00		0	NR	4		6.00		
Vitamin A, RAE ... mcg_RAE	714		0	NC	4		214		
Retinol ... mcg	707		0	NC	4		212		
Carotene, beta ... mcg	66		0	FLM	4		20		
Carotene, alpha ... mcg	43		0	FLM	4		13		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	2500		0	MC	9		750		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	942		0	FLM	4		282		
* Vitamin E (alpha-tocopherol) ... mg	45.00		0	MC	9		13.50		
* Vitamin E, added ... mg	45.00		0	NR	4		13.50		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	131		0	MC	9		39		
Vitamin K (phylloquinone) ... mcg	0.6		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	0.300		0	MC	9		0.090		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08058
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.004		0	FLM	4		0.001		
13:0....g									
14:0....g	0.002		0	FLM	4		0.001		
15:0....g									
16:0....g	0.254		0	FLM	4		0.076		
17:0....g									
18:0....g	0.020		0	FLM	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.400		0	MC	9		0.120		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.397		0	FLM	4		0.119		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.700		0	MC	9		0.210		
18:2 undifferentiated....g	0.671		0	FLM	4		0.201		
18:3 undifferentiated....g	0.029		0	FLM	4		0.009		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08379

Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		0.36		
Energy....kcal	322		0	MC	9		29		
Energy....kJ	1347		0	MC	9		121		
Protein (N x 6.25)....g	15.00		0	MC	9		1.35		
Total lipid (fat)....g	1.60		0	MC	9		0.14		
Ash....g	2.40		0	MC	9		0.22		
Carbohydrate, by difference....g	77.00		0	MC	9		6.93		
Fiber, total dietary....g	15.0		0	MC	9		1.4		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		0	MC	9		4		
Iron, Fe....mg	0.00		0	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg	421		0	MC	9		38		
Potassium, K....mg	475		0	MC	9		43		
Sodium, Na....mg	3		0	MC	9		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.300		0	MC	9		0.027		
Fatty acids, total monounsaturated....g	0.600		0	MC	9		0.054		
Fatty acids, total polyunsaturated....g	0.700		0	MC	9		0.063		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08379

Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Measure 1 = 9.0g: .75 cup (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08060

Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.77	0.199	4	A	1	C	5.17		
Energy	kcal	322		0	LC	8		190		
Energy	kJ	1347		0	NC	4		795		
Protein (N x 6.25)	g	8.59	0.328	4	A	1	C	5.07		
Total lipid (fat)	g	2.19	0.113	4	A	1	C	1.29		
Ash	g	3.09	0.025	4	A	1	C	1.82		
Carbohydrate, by difference	g	77.36		0	NC	4		45.64		
Fiber, total dietary	g	11.1	0.269	4	A	1	C	6.6		
Sugars, total	g	29.90	1.190	4	A	1	C	17.64		
Sucrose	g	0.17	0.097	4	A	1	C	0.10		
Glucose (dextrose)	g	14.30	0.661	4	A	1	C	8.44		
Fructose	g	15.43	0.618	4	A	1	C	9.11		
Lactose	g	0.00	0.000	4	A	1	C	0.00		
Maltose	g	0.00	0.000	4	A	1	C	0.00		
Galactose	g	0.00	0.000	4	A	1	C	0.00		
Starch	g	31.12	0.694	4	A	1	C	18.36		
Minerals:										
Calcium, Ca	mg	47	0.278	4	A	1	C	28		
* Iron, Fe	mg	12.77	1.199	4	A	1	C	7.53		
Magnesium, Mg	mg	126	5.268	4	A	1	C	74		
Phosphorus, P	mg	365	15.067	4	A	1	C	215		
Potassium, K	mg	567	6.665	4	A	1	C	334		
Sodium, Na	mg	580	21.719	4	A	1	C	342		
* Zinc, Zn	mg	3.48	0.239	4	A	1	C	2.05		
Copper, Cu	mg	0.418	0.024	4	A	1	C	0.247		
Manganese, Mn	mg	2.842	0.111	4	A	1	C	1.677		
Selenium, Se	mcg	3.6	0.447	12	A	1	C	2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1	C	0.0		
* Thiamin	mg	1.115	0.018	4	A	1	C	0.658		
* Riboflavin	mg	1.600	0.071	4	A	1	C	0.944		
* Niacin	mg	14.650	0.405	4	A	1	C	8.643		
Pantothenic acid	mg	0.922	0.006	4	A	1	C	0.544		
* Vitamin B-6	mg	1.775	0.048	4	A	1	C	1.047		
* Folate, total	mcg	255		0	NC	4		151		
Folic acid	mcg	236	12.794	4	A	1	C	139		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	421		0	NC	4		248		
Choline, total	mg	29.0		0	BFZN	4		17.1		
Betaine	mg									
* Vitamin B-12	mcg	5.12	0.225	4	A	1	C	3.02		
* Vitamin B-12, added	mcg	5.12		0	NR	4		3.02		
Vitamin A, RAE	mcg_RAE	442		0	AS	1		261		
Retinol	mcg	442	40.893	4	A	1	C	261		
Carotene, beta	mcg	3		0	FLA	4		2		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
* Vitamin A, IU	IU	1472		0	AS	1		869		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	120		0	FLA	4		71		
Vitamin E (alpha-tocopherol)	mg	0.74		0	FLM	4		0.43		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08060
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	68		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	2.3		0	FLA	4		1.4		
Lipids:									
Fatty acids, total saturated.....g	0.353		0	NC	4		0.208		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		1	A	1	D	0.000		
8:0.....g	0.009		1	A	1	D	0.005		
10:0.....g	0.031		1	A	1	D	0.018		
12:0.....g	0.000		1	A	1	D	0.000		
13:0.....g									
14:0.....g	0.003		1	A	1	D	0.002		
15:0.....g	0.002		1	A	1	D	0.001		
16:0.....g	0.257		1	A	1	D	0.152		
17:0.....g	0.002		1	A	1	D	0.001		
18:0.....g	0.042		1	A	1	D	0.025		
20:0.....g	0.003		1	A	1	D	0.002		
22:0.....g	0.004		1	A	1	D	0.002		
24:0.....g	0.000		1	A	1	D	0.000		
Fatty acids, total monounsaturated.....g	0.291		0	NC	4		0.172		
14:1.....g	0.000		1	A	1	D	0.000		
15:1.....g	0.000		1	A	1	D	0.000		
16:1 undifferentiated.....g	0.002		0	AS	1		0.001		
16:1 c.....g	0.002		1	A	1	D	0.001		
16:1 t.....g	0.000		1	A	1	D	0.000		
17:1.....g	0.001		1	A	1	D	0.001		
18:1 undifferentiated.....g	0.281		0	AS	1		0.166		
18:1 c.....g	0.248		1	A	1	D	0.146		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.033		1	A	1	D	0.019		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.006		1	A	1	D	0.004		
22:1 undifferentiated.....g	0.001		0	AS	1		0.001		
22:1 c.....g	0.001		1	A	1	D	0.001		
22:1 t.....g	0.000		1	A	1	D	0.000		
24:1 c.....g	0.000		1	A	1	D	0.000		
Fatty acids, total polyunsaturated.....g	0.730		0	NC	4		0.431		
18:2 undifferentiated.....g	0.673		0	AS	1		0.397		
18:2 n-6 c,c.....g	0.671		1	A	1	D	0.396		
18:2 CLAs.....g	0.000		1	A	1	D	0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		1	A	1	D	0.001		
18:3 undifferentiated.....g	0.052		0	AS	1		0.031		
18:3 n-3 c,c,c (ALA).....g	0.052		1	A	1	D	0.031		
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000		
20:2 n-6 c,c.....g	0.001		1	A	1	D	0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1	D	0.000		
20:3 n-6.....g	0.000		1	A	1	D	0.000		
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		1	A	1	D	0.001		
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000		
22:5 n-3 (DPA).....g	0.002		1	A	1	D	0.001		
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000		
Fatty acids, total trans.....g	0.035		0	NC	4		0.021		

NDB No. 08060
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.033		0	NC	4		0.019		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.001		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	MC	9		0.072		
Threonine.....g	0.255		0	MC	9		0.150		
Isoleucine.....g	0.283		0	MC	9		0.167		
Leucine.....g	0.557		0	MC	9		0.329		
Lysine.....g	0.123		0	MC	9		0.072		
Methionine.....g	0.094		0	MC	9		0.056		
Cystine.....g	0.132		0	MC	9		0.078		
Phenylalanine.....g	0.359		0	MC	9		0.212		
Tyrosine.....g	0.170		0	MC	9		0.100		
Valine.....g	0.387		0	MC	9		0.228		
Arginine.....g	0.321		0	MC	9		0.189		
Histidine.....g	0.208		0	MC	9		0.123		
Alanine.....g	0.349		0	MC	9		0.206		
Aspartic acid.....g	0.472		0	MC	9		0.279		
Glutamic acid.....g	2.370		0	MC	9		1.399		
Glycine.....g	0.387		0	MC	9		0.228		
Proline.....g	0.576		0	MC	9		0.340		
Serine.....g	0.378		0	MC	9		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08065

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Kellogg, Co.

includes USDA Commodity B857

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.13	0.046	4	A	1		1.36	1.16	
Energy ... kcal	387		0	MC	9		128	108	
Energy ... kJ	1619		0	NC	4		534	453	
Protein (N x 6.25) ... g	6.84	0.156	4	A	1		2.26	1.92	
Total lipid (fat) ... g	0.96	0.047	4	A	1		0.32	0.27	
Ash ... g	2.83	0.081	4	A	1		0.93	0.79	
Carbohydrate, by difference ... g	85.24		0	NC	4		28.13	23.87	
Fiber, total dietary ... g	0.8	0.131	4	A	1		0.3	0.2	
Sugars, total ... g	9.46	0.207	4	A	1		3.12	2.65	
Sucrose ... g	8.32	0.139	4	A	1		2.75	2.33	
Glucose (dextrose) ... g	0.59	0.087	4	A	1		0.19	0.16	
Fructose ... g	0.55	0.039	4	A	1		0.18	0.16	
Lactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	4	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Starch ... g	72.07	0.375	4	A	1		23.78	20.18	
Minerals:									
Calcium, Ca ... mg	7	0.251	4	A	1		2	2	
Iron, Fe ... mg	34.40	0.681	3	A	1		11.35	9.63	
Magnesium, Mg ... mg	26	0.557	4	A	1		9	7	
Phosphorus, P ... mg	126	5.121	4	A	1		42	35	
Potassium, K ... mg	111	4.110	4	A	1		37	31	
Sodium, Na ... mg	907	26.947	4	A	1		299	254	
Zinc, Zn ... mg	1.26	0.042	4	A	1		0.41	0.35	
Copper, Cu ... mg	0.173	0.007	4	A	1		0.057	0.049	
Manganese, Mn ... mg	1.377	0.050	4	A	1		0.455	0.386	
Selenium, Se ... mcg	18.1	3.962	11	A	1		6.0	5.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	27.8	0.821	4	A	1		9.2	7.8	
Thiamin ... mg	1.822	0.052	4	A	1		0.601	0.510	
Riboflavin ... mg	2.225	0.048	4	A	1		0.734	0.623	
Niacin ... mg	21.325	1.291	4	A	1		7.037	5.971	
Pantothenic acid ... mg	0.602	0.021	4	A	1		0.199	0.169	
Vitamin B-6 ... mg	3.000	0.168	4	A	1		0.990	0.840	
Folate, total ... mcg	539		0	NC	4		178	151	
Folic acid ... mcg	535	23.366	4	A	1		176	150	
Folate, food ... mcg	4		0	CAAN	4		1	1	
Folate, DFE ... mcg_DFE	913		0	NC	4		301	256	
Choline, total ... mg	6.0		0	AS	1		2.0	1.7	
Betaine ... mg	0.5		2	A	1		0.2	0.1	
* Vitamin B-12 ... mcg	9.47	0.970	4	A	1		3.13	2.65	
* Vitamin B-12, added ... mcg	6.10		0	NR	4		2.01	1.71	
Vitamin A, RAE ... mcg_RAE	567		0	NC	4		187	159	
Retinol ... mcg	567	10.259	4	A	1		187	159	
Carotene, beta ... mcg	0		0	FLA	4		0	0	
Carotene, alpha ... mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	
Vitamin A, IU ... IU	1889		0	NC	4		624	529	
Lycopene ... mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin ... mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.10	0.006	3	A	1		0.03	0.03	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.02	0.003	3	A	1		0.01	0.01	
Tocopherol, delta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg	3.1		0	MC	9		1.0	0.9	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08065
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	124		0	MC	9		41	35	
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.216		0	NC	4		0.071	0.060	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.014		1	A	1		0.005	0.004	
10:0.....g	0.031		1	A	1		0.010	0.009	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.006		1	A	1		0.002	0.002	
15:0.....g	0.002		1	A	1		0.001	0.000	
16:0.....g	0.137		1	A	1		0.045	0.038	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.020		1	A	1		0.007	0.006	
20:0.....g	0.005		1	A	1		0.002	0.001	
22:0.....g	0.002		1	A	1		0.001	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.279		0	NC	4		0.092	0.078	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002		0	AS	1		0.001	0.000	
16:1 c.....g	0.002		1	A	1		0.001	0.000	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.274		0	AS	1		0.091	0.077	
18:1 c.....g	0.274		1	A	1		0.091	0.077	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.003		1	A	1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.295		0	NC	4		0.097	0.082	
18:2 undifferentiated.....g	0.278		0	AS	1		0.092	0.078	
18:2 n-6 c,c.....g	0.276		1	A	1		0.091	0.077	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		1	A	1		0.001	0.000	
18:3 undifferentiated.....g	0.009		0	AS	1		0.003	0.003	
18:3 n-3 c,c,c (ALA).....g	0.009		1	A	1		0.003	0.003	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006		1	A	1		0.002	0.002	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.002		1	A	1		0.001	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4		0.001	0.000	

NDB No. 08065
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.001	0.000	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.030	0.025	
Threonine.....g	0.252		0	A	1		0.083	0.071	
Isoleucine.....g	0.269		0	A	1		0.089	0.075	
Leucine.....g	0.530		0	A	1		0.175	0.148	
Lysine.....g	0.153		0	A	1		0.051	0.043	
Methionine.....g	0.137		0	A	1		0.045	0.038	
Cystine.....g	0.134		0	A	1		0.044	0.037	
Phenylalanine.....g	0.350		0	A	1		0.115	0.098	
Tyrosine.....g	0.164		0	A	1		0.054	0.046	
Valine.....g	0.389		0	A	1		0.129	0.109	
Arginine.....g	0.446		0	A	1		0.147	0.125	
Histidine.....g	0.147		0	A	1		0.049	0.041	
Alanine.....g	0.377		0	A	1		0.124	0.105	
Aspartic acid.....g	0.893		0	A	1		0.295	0.250	
Glutamic acid.....g	1.212		0	A	1		0.400	0.339	
Glycine.....g	0.292		0	A	1		0.096	0.082	
Proline.....g	0.352		0	A	1		0.116	0.098	
Serine.....g	0.328		0	A	1		0.108	0.092	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1.25 cup (1 NLEA serving)

Measure 2 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08288

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		1.05		
Energy	kcal	399		0	MC	9		120		
Energy	kJ	1669		0	MC	9		501		
Protein (N x 6.25)	g	4.80		0	MC	9		1.44		
Total lipid (fat)	g	4.60		0	MC	9		1.38		
Ash	g	2.40		0	MC	9		0.72		
Carbohydrate, by difference	g	84.70		0	MC	9		25.41		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	31.00		0	MC	9		9.30		
Starch	g									
Minerals:										
* Calcium, Ca	mg	10		0	MC	9		3		
* Iron, Fe	mg	6.20		0	MC	9		1.86		
Magnesium, Mg	mg	23		0	MC	9		7		
Phosphorus, P	mg	80		0	MC	9		24		
Potassium, K	mg	77		0	MC	9		23		
Sodium, Na	mg	554		0	MC	9		166		
Zinc, Zn	mg	0.80		0	MC	9		0.24		
Copper, Cu	mg	0.100		0	MC	9		0.030		
Manganese, Mn	mg									
Selenium, Se	mcg	12.1		0	RA	4		3.6		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.300		0	MC	9		0.390		
* Riboflavin	mg	1.400		0	MC	9		0.420		
Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg									
Vitamin B-6	mg	1.700		0	MC	9		0.510		
* Folate, total	mcg	334		0	MC	9		100		
* Folic acid	mcg	330		0	NR	4		99		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	565		0	NC	4		170		
Choline, total	mg	5.0		0	O	4		1.5		
Betaine	mg									
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	505		0	NC	4		151		
Retinol	mcg	504		0	NR	4		151		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	1680		0	MC	9		504		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.39		0	FLM	4		0.12		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.4		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	135		0	MC	9		41		
Vitamin K (phylloquinone)	mcg	1.1		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.900		0	MC	9		0.270		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08288

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.006		0	FLM	4		0.002		
15:0....g									
16:0....g	0.459		0	FLM	4		0.138		
17:0....g									
18:0....g	0.405		0	FLM	4		0.121		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.600		0	MC	9		0.480		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.594		0	FLM	4		0.478		
20:1....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	MC	9		0.180		
18:2 undifferentiated....g	0.537		0	FLM	4		0.161		
18:3 undifferentiated....g	0.038		0	FLM	4		0.011		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	1.480		0	MC	9		0.444		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08318

Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		1.50		
Energy ... kcal	365		0	MC	9		183		
Energy ... kJ	1527		0	MC	9		764		
Protein (N x 6.25) ... g	7.00		0	MC	9		3.50		
Total lipid (fat) ... g	1.41		0	MC	9		0.71		
Ash ... g	2.59		0	MC	9		1.30		
Carbohydrate, by difference ... g	86.00		0	MC	9		43.00		
Fiber, total dietary ... g	5.4		0	MC	9		2.7		
Sugars, total ... g	28.00		0	MC	9		14.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	FLM	4		12		
Iron, Fe ... mg	36.00		0	MC	9		18.00		
Magnesium, Mg ... mg	48		0	MC	9		24		
Phosphorus, P ... mg	160		0	MC	9		80		
Potassium, K ... mg	180		0	MC	9		90		
Sodium, Na ... mg	550		0	MC	9		275		
Zinc, Zn ... mg	30.00		0	MC	9		15.00		
Copper, Cu ... mg	0.200		0	MC	9		0.100		
Manganese, Mn ... mg									
Selenium, Se ... mcg	21.4		0	FLM	4		10.7		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	30.0		0	MC	9		15.0		
* Thiamin ... mg	3.000		0	MC	9		1.500		
* Riboflavin ... mg	3.400		0	MC	9		1.700		
* Niacin ... mg	40.000		0	MC	9		20.000		
* Pantothenic acid ... mg	20.000		0	MC	9		10.000		
* Vitamin B-6 ... mg	4.000		0	MC	9		2.000		
* Folate, total ... mcg	800		0	MC	9		400		
* Folic acid ... mcg	781		0	NR	4		391		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	1347		0	NC	4		673		
Choline, total ... mg	14.0		0	FLM	4		7.0		
Betaine ... mg									
* Vitamin B-12 ... mcg	12.00		0	MC	9		6.00		
* Vitamin B-12, added ... mcg	12.00		0	NR	4		6.00		
Vitamin A, RAE ... mcg_RAE	751		0	NC	4		375		
Retinol ... mcg	751		0	NR	4		376		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	2500		0	MC	9		1250		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	27.00		0	MC	9		13.50		
* Vitamin E, added ... mg	27.00		0	NR	4		13.50		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.0		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	80		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	0.8		0	FLM	4		0.4		
Lipids:									
Fatty acids, total saturated ... g	0.270		0	MC	9		0.135		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08318

Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.005		0	FLM	4		0.003		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.002		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.003		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.230		0	FLM	4		0.115		
17:0 ... g									
18:0 ... g	0.015		0	FLM	4		0.007		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.170		0	MC	9		0.085		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.167		0	FLM	4		0.084		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.970		0	MC	9		0.485		
18:2 undifferentiated ... g	0.910		0	FLM	4		0.455		
18:3 undifferentiated ... g	0.058		0	FLM	4		0.029		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08067

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.93		
Energy ... kcal	379		0	MC	9		117		
Energy ... kJ	1586		0	MC	9		492		
Protein (N x 6.25) ... g	22.50		0	MC	9		6.98		
Total lipid (fat) ... g	1.55		0	MC	9		0.48		
Ash ... g	1.95		0	MC	9		0.60		
Carbohydrate, by difference ... g	71.00		0	MC	9		22.01		
Fiber, total dietary ... g	2.4		0	MC	9		0.7		
Sugars, total ... g	12.90		0	MC	9		4.00		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	30		0	MC	9		9		
* Iron, Fe ... mg	27.00		0	MC	9		8.37		
Magnesium, Mg ... mg	62		0	MC	9		19		
Phosphorus, P ... mg	219		0	MC	9		68		
Potassium, K ... mg	196		0	MC	9		61		
Sodium, Na ... mg	721		0	MC	9		224		
Zinc, Zn ... mg	2.90		0	MC	9		0.90		
Copper, Cu ... mg	0.200		0	MC	9		0.062		
Manganese, Mn ... mg	2.772		0	FLM	4		0.859		
Selenium, Se ... mcg	54.9	4.505	11	A	1		17.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	67.7		0	MC	9		21.0		
* Thiamin ... mg	1.700		0	MC	9		0.527		
* Riboflavin ... mg	1.900		0	MC	9		0.589		
* Niacin ... mg	23.000		0	MC	9		7.130		
Pantothenic acid ... mg									
* Vitamin B-6 ... mg	6.400		0	MC	9		1.984		
* Folate, total ... mcg	1290		0	MC	9		400		
* Folic acid ... mcg	1271		0	NC	4		394		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	2180		0	NC	4		676		
Choline, total ... mg	31.0		0	AS	1		9.6		
Betaine ... mg	25.6		2	A	1		8.0		
* Vitamin B-12 ... mcg	19.50		0	MC	9		6.05		
* Vitamin B-12, added ... mcg	19.50		0	NR	4		6.05		
Vitamin A, RAE ... mcg_RAE	743		0	NC	4		230		
Retinol ... mcg	743		0	NC	4		230		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	2474		0	MC	9		767		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	15.30		0	MC	9		4.74		
* Vitamin E, added ... mg	15.30		0	NR	4		4.74		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.5		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.350		0	MC	9		0.109		
4:0 ... g	0.001		0	FLM	4		0.000		

NDB No. 08067
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.007		0	FLM	4		0.002		
15:0....g									
16:0....g	0.313		0	FLM	4		0.097		
17:0....g									
18:0....g	0.020		0	FLM	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.400		0	MC	9		0.124		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.392		0	FLM	4		0.122		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	MC	9		0.248		
18:2 undifferentiated....g	0.705		0	FLM	4		0.218		
18:3 undifferentiated....g	0.096		0	FLM	4		0.030		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08383

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.93		
Energy....kcal	369		0	MC	9		114		
Energy....kJ	1544		0	MC	9		479		
Protein (N x 6.25)....g	12.40		0	MC	9		3.84		
Total lipid (fat)....g	1.00		0	MC	9		0.31		
Ash....g	3.00		0	MC	9		0.93		
Carbohydrate, by difference....g	80.60		0	MC	9		24.99		
Fiber, total dietary....g	3.2		0	MC	9		1.0		
Sugars, total....g	32.20		0	MC	9		9.98		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0	MC	9		19		
* Iron, Fe....mg	26.20		0	MC	9		8.12		
Magnesium, Mg....mg	39		0	MC	9		12		
Phosphorus, P....mg	162		0	MC	9		50		
Potassium, K....mg	242		0	MC	9		75		
Sodium, Na....mg	710		0	MC	9		220		
Zinc, Zn....mg	1.60		0	MC	9		0.50		
Copper, Cu....mg	0.170		0	MC	9		0.053		
Manganese, Mn....mg	1.417		0	FLM	4		0.439		
Selenium, Se....mcg	13.0		0	MC	9		4.0		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	67.7		0	MC	9		21.0		
* Thiamin....mg	1.690		0	MC	9		0.524		
* Riboflavin....mg	2.000		0	MC	9		0.620		
* Niacin....mg	22.600		0	MC	9		7.006		
Pantothenic acid....mg	0.475		0	FLM	4		0.147		
* Vitamin B-6....mg	2.260		0	MC	9		0.701		
* Folate, total....mcg	452		0	MC	9		140		
* Folic acid....mcg	433		0	NC	4		134		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	755		0	NC	4		234		
Choline, total....mg	21.8		0	AS	1		6.8		
Betaine....mg	38.2		1	A	1		11.8		
* Vitamin B-12....mcg	6.80		0	MC	9		2.11		
* Vitamin B-12, added....mcg	6.80		0	NR	4		2.11		
Vitamin A, RAE....mcg_RAE	726		0	NC	4		225		
Retinol....mcg	726		0	NC	4		225		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	2419		0	MC	9		750		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)....mg	15.26		0	MC	9		4.73		
* Vitamin E, added....mg	15.26		0	NR	4		4.73		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.240		0	MC	9		0.074		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08383
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.003		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.212		0	FLM	4		0.066		
17:0....g									
18:0....g	0.014		0	FLM	4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.200		0	MC	9		0.062		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.196		0	FLM	4		0.061		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	MC	9		0.186		
18:2 undifferentiated....g	0.531		0	FLM	4		0.165		
18:3 undifferentiated....g	0.069		0	FLM	4		0.021		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08384

Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		0	MC	9		1.50		
Energy	kcal	339		0	MC	9		102		
Energy	kJ	1418		0	MC	9		425		
Protein (N x 6.25)	g	11.00		0	MC	9		3.30		
Total lipid (fat)	g	2.10		0	MC	9		0.63		
Ash	g	1.90		0	MC	9		0.57		
Carbohydrate, by difference	g	80.00		0	MC	9		24.00		
Fiber, total dietary	g	13.0		0	MC	9		3.9		
Sugars, total	g	2.00		0	MC	9		0.60		
Starch	g									
Minerals:										
* Calcium, Ca	mg	42		0	MC	9		13		
* Iron, Fe	mg	30.00		0	MC	9		9.00		
Magnesium, Mg	mg									
Phosphorus, P	mg	386		0	MC	9		116		
Potassium, K	mg	452		0	MC	9		136		
Sodium, Na	mg	0		0	MC	9		0		
Zinc, Zn	mg	3.50		0	MC	9		1.05		
Copper, Cu	mg	0.400		0	MC	9		0.120		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
* Thiamin	mg	0.500		0	MC	9		0.150		
* Riboflavin	mg	0.600		0	MC	9		0.180		
* Niacin	mg	6.700		0	MC	9		2.010		
Pantothenic acid	mg									
Vitamin B-6	mg	0.700		0	MC	9		0.210		
Folate, total	mcg	133		0	MC	9		40		
* Folic acid	mcg	105		0	NR	4		32		
Folate, food	mcg	28		0	CAAN	4		8		
Folate, DFE	mcg_DFE	207		0	NC	4		62		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.022		0	FLM	4		0.007		

NDB No. 08384

Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.001		0	FLM	4		0.000		
15:0 ... g									
16:0 ... g	0.357		0	FLM	4		0.107		
17:0 ... g									
18:0 ... g	0.020		0	FLM	4		0.006		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.300		0	MC	9		0.090		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.012		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.288		0	FLM	4		0.086		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.400		0	MC	9		0.420		
18:2 undifferentiated ... g	1.339		0	FLM	4		0.402		
18:3 undifferentiated ... g	0.061		0	FLM	4		0.018		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 30 biscuits (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08380

Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.30		0	MC	9		2.81		
Energy ... kcal	354		0	MC	9		188		
Energy ... kJ	1481		0	MC	9		785		
Protein (N x 6.25) ... g	6.10		0	MC	9		3.23		
Total lipid (fat) ... g	1.90		0	MC	9		1.01		
Ash ... g	1.80		0	MC	9		0.95		
Carbohydrate, by difference ... g	84.90		0	MC	9		45.00		
Fiber, total dietary ... g	7.6		0	MC	9		4.0		
Sugars, total ... g	37.70		0	MC	9		19.98		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0	MC	9		19		
* Iron, Fe ... mg	8.50		0	MC	9		4.51		
Magnesium, Mg ... mg	88		0	MC	9		47		
Phosphorus, P ... mg	259		0	MC	9		137		
Potassium, K ... mg	401		0	MC	9		213		
Sodium, Na ... mg	394		0	MC	9		209		
* Zinc, Zn ... mg	3.00		0	MC	9		1.59		
Copper, Cu ... mg	0.300		0	MC	9		0.159		
Manganese, Mn ... mg	1.772		0	FLM	4		0.939		
Selenium, Se ... mcg	3.6		0	O	4		1.9		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	1.3		0	MC	9		0.7		
* Thiamin ... mg	0.700		0	MC	9		0.371		
* Riboflavin ... mg	0.800		0	MC	9		0.424		
* Niacin ... mg	10.000		0	MC	9		5.300		
Pantothenic acid ... mg	0.574		0	FLM	4		0.304		
* Vitamin B-6 ... mg	0.900		0	MC	9		0.477		
* Folate, total ... mcg	190		0	MC	9		101		
* Folic acid ... mcg	171		0	NC	4		91		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	310		0	NC	4		164		
Choline, total ... mg	12.1		0	FLM	4		6.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.90		0	MC	9		1.54		
* Vitamin B-12, added ... mcg	2.90		0	NR	4		1.54		
Vitamin A, RAE ... mcg_RAE	307		0	NC	4		163		
Retinol ... mcg	307		0	NC	4		163		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1021		0	MC	9		541		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.41		0	FLM	4		0.22		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.9		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	75		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.3		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated ... g	0.380		0	MC	9		0.201		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08380
Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.004		0	FLM	4		0.002		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.005		0	FLM	4		0.002		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	0.261		0	FLM	4		0.139		
17:0....g	0.001		0	FLM	4		0.001		
18:0....g	0.096		0	FLM	4		0.051		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.700		0	MC	9		0.371		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated....g	0.008		0	FLM	4		0.004		
17:1....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated....g	0.691		0	FLM	4		0.366		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	MC	9		0.424		
18:2 undifferentiated....g	0.732		0	FLM	4		0.388		
18:3 undifferentiated....g	0.059		0	FLM	4		0.031		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated....g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08529

Cereals ready-to-eat, KELLOGG, SMART START Strong Heart, Maple Brown Sugar

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		2.10		
Energy	kcal	367		0	MC	9		220		
Energy	kJ	1536		0	MC	9		922		
Protein (N x 6.25)	g	10.00		0	MC	9		6.00		
Total lipid (fat)	g	3.70		0	MC	9		2.22		
Ash	g	3.80		0	MC	9		2.28		
Carbohydrate, by difference	g	79.00		0	MC	9		47.40		
Fiber, total dietary	g	8.5		0	MC	9		5.1		
Sugars, total	g	28.00		0	MC	9		16.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0	MC	9		22		
Iron, Fe	mg	7.50		0	MC	9		4.50		
Magnesium, Mg	mg	131		0	MC	9		79		
Phosphorus, P	mg	423		0	MC	9		254		
Potassium, K	mg	633		0	MC	9		380		
Sodium, Na	mg	233		0	MC	9		140		
Zinc, Zn	mg	6.30		0	MC	9		3.78		
Copper, Cu	mg	0.270		0	MC	9		0.162		
Manganese, Mn	mg									
Selenium, Se	mcg	0.1		0	MC	9		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.0		0	MC	9		15.0		
Thiamin	mg	0.600		0	MC	9		0.360		
Riboflavin	mg	0.700		0	MC	9		0.420		
Niacin	mg	8.300		0	MC	9		4.980		
Pantothenic acid	mg	4.200		0	MC	9		2.520		
Vitamin B-6	mg	0.800		0	MC	9		0.480		
Folate, total	mcg	170		0	MC	9		102		
Folic acid	mcg									
Folate, food	mcg	170		0	MC	9		102		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.50		0	MC	9		1.50		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2083		0	MC	9		1250		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	22.50		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	67		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.700		0	MC	9		0.420		
Fatty acids, total monounsaturated	g	1.100		0	MC	9		0.660		
Fatty acids, total polyunsaturated	g	1.900		0	MC	9		1.140		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		

NDB No. 08529

Cereals ready-to-eat, KELLOGG, SMART START Strong Heart, Maple Brown Sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1.25 cup (l NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08530

Cereals ready-to-eat, KELLOGG, SMORZ

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		0.81		
Energy ... kcal	406		0	MC	9		122		
Energy ... kJ	1699		0	MC	9		510		
Protein (N x 6.25) ... g	4.90		0	MC	9		1.47		
Total lipid (fat) ... g	6.90		0	MC	9		2.07		
Ash ... g	2.50		0	MC	9		0.75		
Carbohydrate, by difference ... g	83.00		0	MC	9		24.90		
Fiber, total dietary ... g	2.5		0	MC	9		0.8		
Sugars, total ... g	43.00		0	MC	9		12.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	22		0	MC	9		7		
Iron, Fe ... mg	15.00		0	MC	9		4.50		
Magnesium, Mg ... mg	31		0	MC	9		9		
Phosphorus, P ... mg	68		0	MC	9		20		
Potassium, K ... mg	97		0	MC	9		29		
Sodium, Na ... mg	456		0	MC	9		137		
* Zinc, Zn ... mg	5.00		0	MC	9		1.50		
Copper, Cu ... mg	0.177		0	FLM	4		0.053		
Manganese, Mn ... mg	0.461		0	FLM	4		0.138		
Selenium, Se ... mcg	6.9		0	FLM	4		2.1		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	50.0		0	MC	9		15.0		
* Thiamin ... mg	1.300		0	MC	9		0.390		
* Riboflavin ... mg	1.400		0	MC	9		0.420		
* Niacin ... mg	16.700		0	MC	9		5.010		
Pantothenic acid ... mg	0.265		0	FLM	4		0.080		
* Vitamin B-6 ... mg	1.700		0	MC	9		0.510		
* Folate, total ... mcg	333		0	MC	9		100		
* Folic acid ... mcg	319		0	NR	4		96		
Folate, food ... mcg	14		0	FLM	4		4		
Folate, DFE ... mcg_DFE	556		0	NC	4		167		
Choline, total ... mg	8.4		0	FLM	4		2.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE ... mcg_RAE	500		0	NC	4		150		
Retinol ... mcg	500		0	NR	4		150		
Carotene, beta ... mcg	1		0	FLM	4		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	1		0	FLM	4		0		
* Vitamin A, IU ... IU	1666		0	MC	9		500		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	11		0	FLM	4		3		
Vitamin E (alpha-tocopherol) ... mg	0.29		0	FLM	4		0.09		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	133		0	MC	9		40		
Vitamin K (phylloquinone) ... mcg	1.3		0	FLM	4		0.4		
Lipids:									
Fatty acids, total saturated ... g	1.800		0	MC	9		0.540		
4:0 ... g	0.058		0	FLM	4		0.017		

NDB No. 08530
Cereals ready-to-eat, KELLOGG, SMORZ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.021		0	FLM	4		0.006		
8:0 ... g	0.012		0	FLM	4		0.004		
10:0 ... g	0.023		0	FLM	4		0.007		
12:0 ... g	0.026		0	FLM	4		0.008		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.079		0	FLM	4		0.024		
15:0 ... g	0.008		0	FLM	4		0.002		
16:0 ... g	0.826		0	FLM	4		0.248		
17:0 ... g									
18:0 ... g	0.716		0	FLM	4		0.215		
20:0 ... g	0.020		0	FLM	4		0.006		
22:0 ... g	0.002		0	FLM	4		0.001		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	1.000		0	MC	9		0.300		
14:1 ... g	0.005		0	FLM	4		0.002		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.011		0	FLM	4		0.003		
17:1 ... g	0.001		0	FLM	4		0.000		
18:1 undifferentiated ... g	0.453		0	FLM	4		0.136		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	3.900		0	MC	9		1.170		
18:2 undifferentiated ... g	3.585		0	FLM	4		1.076		
18:3 undifferentiated ... g	0.163		0	FLM	4		0.049		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.200		0	MC	9		0.060		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	4		0	FLM	4		1		
Theobromine ... mg	41		0	FLM	4		12		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08531

Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.96		
Energy ... kcal	381		0	MC	9		122		
Energy ... kJ	1594		0	MC	9		510		
Protein (N x 6.25) ... g	7.00		0	MC	9		2.24		
Total lipid (fat) ... g	2.90		0	MC	9		0.93		
Ash ... g	1.00		0	MC	9		0.32		
Carbohydrate, by difference ... g	86.00		0	MC	9		27.52		
Fiber, total dietary ... g	4.7		0	MC	9		1.5		
Sugars, total ... g	33.00		0	MC	9		10.56		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	31		0	MC	9		10		
* Iron, Fe ... mg	8.10		0	MC	9		2.59		
Magnesium, Mg ... mg	46		0	MC	9		15		
Phosphorus, P ... mg	152		0	MC	9		49		
Potassium, K ... mg	167		0	MC	9		53		
Sodium, Na ... mg	429		0	MC	9		137		
Zinc, Zn ... mg	1.40		0	MC	9		0.45		
Copper, Cu ... mg	0.226		0	FLM	4		0.072		
Manganese, Mn ... mg	1.353		0	FLM	4		0.433		
Selenium, Se ... mcg	23.4		0	FLM	4		7.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	21.0		0	MC	9		6.7		
* Thiamin ... mg	0.500		0	MC	9		0.160		
* Riboflavin ... mg	0.600		0	MC	9		0.192		
* Niacin ... mg	7.000		0	MC	9		2.240		
Pantothenic acid ... mg	0.730		0	FLM	4		0.234		
* Vitamin B-6 ... mg	0.700		0	MC	9		0.224		
Folate, total ... mcg	140		0	MC	9		45		
* Folic acid ... mcg	130		0	NR	4		42		
Folate, food ... mcg	10		0	FLM	4		3		
Folate, DFE ... mcg_DFE	231		0	NC	4		74		
Choline, total ... mg	14.5		0	FLM	4		4.6		
Betaine ... mg									
* Vitamin B-12 ... mcg	2.10		0	MC	9		0.67		
* Vitamin B-12, added ... mcg	2.10		0	NR	4		0.67		
Vitamin A, RAE ... mcg_RAE	226		0	NC	4		72		
Retinol ... mcg	225		0	NR	4		72		
Carotene, beta ... mcg	8		0	FLM	4		2		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	5		0	FLM	4		2		
* Vitamin A, IU ... IU	750		0	MC	9		240		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	52		0	FLM	4		17		
Vitamin E (alpha-tocopherol) ... mg	0.53		0	FLM	4		0.17		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.1		0	NR	4		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	125		0	NR	4		40		
Vitamin K (phylloquinone) ... mcg	1.8		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated ... g	1.500		0	MC	9		0.480		
4:0 ... g	0.001		0	FLM	4		0.000		

NDB No. 08531
Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.002		0	FLM	4		0.001		
8:0....g	0.031		0	FLM	4		0.010		
10:0....g	0.030		0	FLM	4		0.010		
12:0....g	0.517		0	FLM	4		0.165		
13:0....g									
14:0....g	0.189		0	FLM	4		0.061		
15:0....g									
16:0....g	0.530		0	FLM	4		0.170		
17:0....g									
18:0....g	0.173		0	FLM	4		0.055		
20:0....g	0.009		0	FLM	4		0.003		
22:0....g	0.009		0	FLM	4		0.003		
24:0....g									
Fatty acids, total monounsaturated....g	0.200		0	MC	9		0.064		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.197		0	FLM	4		0.063		
20:1....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.200		0	MC	9		0.384		
18:2 undifferentiated....g	1.113		0	FLM	4		0.356		
18:3 undifferentiated....g	0.075		0	FLM	4		0.024		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08528

Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		2.10		
Energy	kcal	366		0	MC	9		220		
Energy	kJ	1531		0	MC	9		919		
Protein (N x 6.25)	g	10.00		0	MC	9		6.00		
Total lipid (fat)	g	3.80		0	MC	9		2.28		
Ash	g	3.70		0	MC	9		2.22		
Carbohydrate, by difference	g	79.00		0	MC	9		47.40		
Fiber, total dietary	g	8.9		0	MC	9		5.3		
Sugars, total	g	28.00		0	MC	9		16.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MC	9		21		
Iron, Fe	mg	7.50		0	MC	9		4.50		
Magnesium, Mg	mg	135		0	MC	9		81		
Phosphorus, P	mg	416		0	MC	9		250		
Potassium, K	mg	632		0	MC	9		379		
Sodium, Na	mg	234		0	MC	9		140		
Zinc, Zn	mg	6.30		0	MC	9		3.78		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.0		0	MC	9		15.0		
Thiamin	mg	0.600		0	MC	9		0.360		
Riboflavin	mg	0.700		0	MC	9		0.420		
Niacin	mg	8.300		0	MC	9		4.980		
Pantothenic acid	mg	4.200		0	MC	9		2.520		
Vitamin B-6	mg	0.800		0	MC	9		0.480		
Folate, total	mcg	170		0	MC	9		102		
* Folic acid	mcg	151		0	NR	4		91		
Folate, food	mcg	19		0	NC	4		11		
Folate, DFE	mcg_DFE	276		0	NC	4		165		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.50		0	MC	9		1.50		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2083		0	MC	9		1250		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	22.50		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	67		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.700		0	MC	9		0.420		
Fatty acids, total monounsaturated	g	1.100		0	MC	9		0.660		
Fatty acids, total polyunsaturated	g	2.000		0	MC	9		1.200		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		

NDB No. 08528

Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08408

Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90		1	MA	12		0.57	0.76	
Energy	kcal	410		0	MC	9		123	164	
Energy	kJ	1715		0	MC	9		515	686	
Protein (N x 6.25)	g	7.10		1	MA	12		2.13	2.84	
Total lipid (fat)	g	5.69		0	NR	4		1.71	2.28	
Ash	g	2.80		1	MA	12		0.84	1.12	
Carbohydrate, by difference	g	82.50		0	MC	9		24.75	33.00	
Fiber, total dietary	g	5.0		1	MA	12		1.5	2.0	
Sugars, total	g	41.20		1	MA	12		12.36	16.48	
Starch	g									
Minerals:										
Calcium, Ca	mg	417		1	MA	12		125	167	
* Iron, Fe	mg	16.80		1	MA	12		5.04	6.72	
Magnesium, Mg	mg	65		1	MA	12		20	26	
Phosphorus, P	mg	208		1	MA	12		62	83	
Potassium, K	mg	200		1	MA	12		60	80	
Sodium, Na	mg	540		1	MA	12		162	216	
* Zinc, Zn	mg	13.90		1	MA	12		4.17	5.56	
Copper, Cu	mg	0.200		0	BFZN	4		0.060	0.080	
Manganese, Mn	mg									
Selenium, Se	mcg	37.5		0	BFZN	4		11.3	15.0	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	25.4		1	MA	12		7.6	10.2	
* Thiamin	mg	1.500		1	MA	12		0.450	0.600	
* Riboflavin	mg	1.970		1	MA	12		0.591	0.788	
* Niacin	mg	20.000		1	MA	12		6.000	8.000	
Pantothenic acid	mg	0.104		0	FLA	4		0.031	0.041	
* Vitamin B-6	mg	2.750		1	MA	12		0.825	1.100	
* Folate, total	mcg	700		0	NC	4		210	280	
Folic acid	mcg	681		1	MA	12		204	272	
Folate, food	mcg	19		0	CAAN	4		6	8	
Folate, DFE	mcg_DFE	1177		0	NC	4		353	471	
Choline, total	mg	21.0		0	BFZN	4		6.3	8.4	
Betaine	mg									
* Vitamin B-12	mcg	6.21		1	MA	12		1.86	2.48	
* Vitamin B-12, added	mcg	6.21		0	NR	4		1.86	2.48	
Vitamin A, RAE	mcg_RAE	862		0	NC	4		259	345	
Retinol	mcg	862		0	NC	4		259	345	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
* Vitamin A, IU	IU	2870		1	MA	12		861	1148	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.50		0	BFZN	4		0.15	0.20	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.6		1	MA	12		1.1	1.5	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	145		1	MA	12		44	58	
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.6	0.7	
Lipids:										
Fatty acids, total saturated	g	0.930		1	MA	12		0.279	0.372	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 08408

Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.012		0	FLA	4		0.004	0.005	
13:0 ... g									
14:0 ... g	0.007		0	FLA	4		0.002	0.003	
15:0 ... g									
16:0 ... g	0.681		0	FLA	4		0.204	0.272	
17:0 ... g									
18:0 ... g	0.173		0	FLA	4		0.052	0.069	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.090		1	MA	12		0.927	1.236	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.012		0	FLA	4		0.003	0.005	
17:1 ... g									
18:1 undifferentiated ... g	3.078		0	FLA	4		0.923	1.231	
20:1 ... g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.420		1	MA	12		0.426	0.568	
18:2 undifferentiated ... g	1.355		0	FLA	4		0.407	0.542	
18:3 undifferentiated ... g	0.060		0	FLA	4		0.018	0.024	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g	1.010		1	MA	12		0.303	0.404	
Cholesterol ... mg	1		1	MA	12		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08493

Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		1	MA	12		0.73		
Energy ... kcal	395		0	MC	9		130		
Energy ... kJ	1653		0	MC	9		545		
Protein (N x 6.25) ... g	5.40		1	MA	12		1.78		
Total lipid (fat) ... g	2.66		0	NR	4		0.88		
Ash ... g	2.40		1	MA	12		0.79		
Carbohydrate, by difference ... g	87.30		0	MC	9		28.81		
Fiber, total dietary ... g	2.8		1	MA	12		0.9		
Sugars, total ... g	42.90		1	MA	12		14.16		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	429		1	MA	12		142		
* Iron, Fe ... mg	17.10		1	MA	12		5.64		
Magnesium, Mg ... mg	36		1	MA	12		12		
Phosphorus, P ... mg	123		1	MA	12		41		
Potassium, K ... mg	140		1	MA	12		46		
Sodium, Na ... mg	514		1	MA	12		170		
* Zinc, Zn ... mg	14.40		1	MA	12		4.75		
Copper, Cu ... mg	0.129		1	MA	12		0.043		
Manganese, Mn ... mg	0.818		0	FLA	4		0.270		
Selenium, Se ... mcg	14.3		0	FLA	4		4.7		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	59.7		1	MA	12		19.7		
* Thiamin ... mg	1.320		1	MA	12		0.436		
* Riboflavin ... mg	1.970		1	MA	12		0.650		
* Niacin ... mg	20.100		1	MA	12		6.633		
Pantothenic acid ... mg									
* Vitamin B-6 ... mg	2.600		1	MA	12		0.858		
* Folate, total ... mcg	350		0	NC	4		116		
* Folic acid ... mcg	331		1	MA	12		109		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	582		0	NC	4		192		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	6.44		1	MA	12		2.13		
* Vitamin B-12, added ... mcg	6.44		0	NR	4		2.13		
Vitamin A, RAE ... mcg_RAE	838		0	NC	4		276		
Retinol ... mcg	838		0	NC	4		276		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	2790		1	MA	12		921		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.26		0	FLA	4		0.08		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.1		1	MA	12		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	123		1	MA	12		41		
Vitamin K (phylloquinone) ... mcg	0.6		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	0.447		1	MA	12		0.148		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08493
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.004		0	FLA	4		0.001		
13:0....g									
14:0....g	0.002		0	FLA	4		0.001		
15:0....g	0.000		0	FLA	4		0.000		
16:0....g	0.381		0	FLA	4		0.126		
17:0....g	0.000		0	FLA	4		0.000		
18:0....g	0.037		0	FLA	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.260		1	MA	12		0.416		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.002		
17:1....g									
18:1 undifferentiated....g	1.255		0	FLA	4		0.414		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.835		1	MA	12		0.276		
18:2 undifferentiated....g	0.804		0	FLA	4		0.265		
18:3 undifferentiated....g	0.031		0	FLA	4		0.010		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.210		1	MA	12		0.069		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08347

Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.56		1	MA	12		0.47		
Energy ... kcal	412		0	MC	9		124		
Energy ... kJ	1724		0	MC	9		517		
Protein ... g	4.89		1	MA	12		1.47		
Total lipid (fat) ... g	5.44		0	NR	4		1.63		
Ash ... g	2.24		1	MA	12		0.67		
Carbohydrate, by difference ... g	85.90		0	MC	9		25.77		
Fiber, total dietary ... g	3.3		1	MA	12		1.0		
Sugars, total ... g	41.30		1	MA	12		12.39		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	14		1	MA	12		4		
* Iron, Fe ... mg	15.60		1	MA	12		4.68		
Magnesium, Mg ... mg	67		0	FLA	4		20		
Phosphorus, P ... mg	197		0	FLA	4		59		
Potassium, K ... mg	114		1	MA	12		34		
Sodium, Na ... mg	823		1	MA	12		247		
* Zinc, Zn ... mg	12.70		1	MA	12		3.81		
Copper, Cu ... mg	0.171		0	FLA	4		0.051		
Manganese, Mn ... mg	0.548		0	FLA	4		0.164		
Selenium, Se ... mcg	11.9		0	FLA	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.6		1	MA	12		1.1		
* Thiamin ... mg	2.530		1	MA	12		0.759		
* Riboflavin ... mg	1.750		1	MA	12		0.525		
* Niacin ... mg	26.500		1	MA	12		7.950		
Pantothenic acid ... mg	0.420		0	FLA	4		0.126		
Vitamin B-6 ... mg	3.050		1	MA	12		0.915		
* Folate, total ... mcg	955		0	NC	4		287		
* Folic acid ... mcg	936		1	MA	12		281		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1610		0	NC	4		483		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.65		0	FLA	4		0.19		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		0	LC	8		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	133		0	LC	8		40		
Vitamin K (phylloquinone) ... mcg	1.1		0	FLA	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	0.091		1	MA	12		0.027		
4:0 ... g	0.000		0	FLA	4		0.000		
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08347
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLA	4		0.000		
15:0 ... g									
16:0 ... g	0.058		0	FLA	4		0.017		
17:0 ... g									
18:0 ... g	0.029		0	FLA	4		0.009		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.400		1	MA	12		0.420		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLA	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.397		0	FLA	4		0.419		
20:1 ... g	0.001		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.630		1	MA	12		0.189		
18:2 undifferentiated ... g	0.606		0	FLA	4		0.182		
18:3 undifferentiated ... g	0.018		0	FLA	4		0.006		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.480		1	MA	12		0.144		
Cholesterol ... mg	1		1	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08487

Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.10		1	MA	12		0.33		
Energy....kcal	443		0	MC	9		133		
Energy....kJ	1854		0	MC	9		556		
Protein (N x 6.25)....g	4.90		1	MA	12		1.47		
Total lipid (fat)....g	11.50		0	NR	4		3.45		
Ash....g	2.50		1	MA	12		0.75		
Carbohydrate, by difference....g	80.00		0	MC	9		24.00		
Fiber, total dietary....g	4.8		1	MA	12		1.4		
Sugars, total....g	35.40		1	MA	12		10.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	356		1	MA	12		107		
* Iron, Fe....mg	16.70		1	MA	12		5.01		
Magnesium, Mg....mg	39		1	MA	12		12		
Phosphorus, P....mg	291		1	MA	12		87		
Potassium, K....mg	158		1	MA	12		47		
Sodium, Na....mg	415		1	MA	12		125		
* Zinc, Zn....mg	13.70		1	MA	12		4.11		
Copper, Cu....mg	0.169		1	MA	12		0.051		
Manganese, Mn....mg	0.426		0	FLA	4		0.128		
Selenium, Se....mcg	16.6		0	FLA	4		5.0		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	35.4		1	MA	12		10.6		
* Thiamin....mg	1.570		1	MA	12		0.471		
* Riboflavin....mg	1.560		1	MA	12		0.468		
* Niacin....mg	20.600		1	MA	12		6.180		
Pantothenic acid....mg	0.278		0	FLA	4		0.083		
* Vitamin B-6....mg	2.440		1	MA	12		0.732		
Folate, total....mcg	502		0	NC	4		151		
* Folic acid....mcg	483		1	MA	12		145		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	840		0	NC	4		252		
Choline, total....mg									
Betaine....mg									
* Vitamin B-12....mcg	7.69		1	MA	12		2.31		
* Vitamin B-12, added....mcg	7.69		0	NR	4		2.31		
Vitamin A, RAE....mcg_RAE	631		0	NC	4		189		
Retinol....mcg	631		0	NC	4		189		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	2100		1	MA	12		630		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.98		0	FLA	4		0.30		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.0		1	MA	12		1.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	161		1	MA	12		48		
Vitamin K (phylloquinone)....mcg	4.8		0	FLA	4		1.4		
Lipids:									
Fatty acids, total saturated....g	1.840		1	MA	12		0.552		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08487

Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.008		0	FLA	4		0.002		
15:0 ... g	0.003		0	FLA	4		0.001		
16:0 ... g	0.899		0	FLA	4		0.270		
17:0 ... g	0.008		0	FLA	4		0.002		
18:0 ... g	0.872		0	FLA	4		0.262		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.490		1	MA	12		1.347		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLA	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	4.476		0	FLA	4		1.343		
20:1 ... g	0.003		0	FLA	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.630		1	MA	12		1.389		
18:2 undifferentiated ... g	4.218		0	FLA	4		1.265		
18:3 undifferentiated ... g	0.256		0	FLA	4		0.077		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08494

Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.40		1	MA	12		0.72		
Energy ... kcal	431		0	MC	9		129		
Energy ... kJ	1803		0	MC	9		541		
Protein (N x 6.25) ... g	5.80		1	MA	12		1.74		
Total lipid (fat) ... g	10.10		0	NR	4		3.03		
Ash ... g	2.60		1	MA	12		0.78		
Carbohydrate, by difference ... g	79.10		0	MC	9		23.73		
Fiber, total dietary ... g	4.7		1	MA	12		1.4		
Sugars, total ... g	34.80		1	MA	12		10.44		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	388		1	MA	12		116		
* Iron, Fe ... mg	16.40		1	MA	12		4.92		
Magnesium, Mg ... mg	48		1	MA	12		14		
Phosphorus, P ... mg	336		1	MA	12		101		
Potassium, K ... mg	150		1	LC	8		45		
Sodium, Na ... mg	461		1	MA	12		138		
* Zinc, Zn ... mg	15.20		1	MA	12		4.56		
Copper, Cu ... mg	0.185		1	MA	12		0.056		
Manganese, Mn ... mg	1.607		0	FLA	4		0.482		
Selenium, Se ... mcg	29.5		0	FLA	4		8.9		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	21.0		1	MA	12		6.3		
* Thiamin ... mg	1.420		1	MA	12		0.426		
* Riboflavin ... mg	1.890		1	MA	12		0.567		
* Niacin ... mg	23.200		1	MA	12		6.960		
Pantothenic acid ... mg	0.467		0	FLA	4		0.140		
* Vitamin B-6 ... mg	3.030		1	MA	12		0.909		
* Folate, total ... mcg	392		0	NC	4		118		
* Folic acid ... mcg	373		1	MA	12		112		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	653		0	NC	4		196		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	4.92		1	MA	12		1.48		
Vitamin A, RAE ... mcg_RAE	468		0	NC	4		141		
Retinol ... mcg	468		0	NC	4		141		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1560		1	MA	12		468		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	1.11		0	FLA	4		0.33		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.6		1	MA	12		1.1		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	145		1	MA	12		44		
Vitamin K (phylloquinone) ... mcg	5.2		0	FLA	4		1.5		
Lipids:									
Fatty acids, total saturated ... g	1.670		1	MA	12		0.501		
4:0 ... g	0.000		0	FLA	4		0.000		
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.005		0	FLA	4		0.002		

NDB No. 08494
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.008		0	FLA	4		0.002		
15:0 ... g	0.002		0	FLA	4		0.001		
16:0 ... g	0.843		0	FLA	4		0.253		
17:0 ... g	0.007		0	FLA	4		0.002		
18:0 ... g	0.758		0	FLA	4		0.228		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.910		1	MA	12		1.173		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLA	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	3.895		0	FLA	4		1.168		
20:1 ... g	0.002		0	FLA	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.070		1	MA	12		1.221		
18:2 undifferentiated ... g	3.720		0	FLA	4		1.116		
18:3 undifferentiated ... g	0.246		0	FLA	4		0.074		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLA	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	1.080		1	MA	12		0.324		
Cholesterol ... mg	1		1	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08206

Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		1	MA	12		0.60		
Energy....kcal	396		1	MC	9		119		
Energy....kJ	1657		0	MC	9		497		
Protein....g	3.70		1	MA	12		1.11		
Total lipid (fat)....g	2.60		0	NR	4		0.78		
Ash....g	2.00		1	MA	12		0.60		
Carbohydrate, by difference....g	89.50		1	MC	9		26.85		
Fiber, total dietary....g	1.8		1	MA	12		0.5		
Sugars, total....g	46.50		1	MA	12		13.95		
Starch....g									
Minerals:									
* Calcium, Ca....mg	406		1	MA	12		122		
* Iron, Fe....mg	19.50		1	MA	12		5.85		
Magnesium, Mg....mg	23		0	FLA	4		7		
Phosphorus, P....mg	141		0	LC	8		42		
Potassium, K....mg	195		1	MA	12		59		
Sodium, Na....mg	568		1	MA	12		170		
* Zinc, Zn....mg	17.20		1	MA	12		5.16		
Copper, Cu....mg	0.121		0	FLA	4		0.036		
Manganese, Mn....mg	0.108		0	FLA	4		0.032		
Selenium, Se....mcg	6.5		0	BFZN	4		2.0		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.5		1	MA	12		6.2		
* Thiamin....mg	1.190		1	MA	12		0.357		
* Riboflavin....mg	1.980		1	MA	12		0.594		
* Niacin....mg	19.500		1	MA	12		5.850		
Pantothenic acid....mg	0.096		0	FLA	4		0.029		
* Vitamin B-6....mg	2.530		1	MA	12		0.759		
Folate, total....mcg	667		0	LC	8		200		
* Folic acid....mcg	648		0	NR	4		194		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	1121		0	NC	4		336		
Choline, total....mg	4.5		0	FLM	4		1.4		
Betaine....mg									
* Vitamin B-12....mcg	6.21		1	MA	12		1.86		
* Vitamin B-12, added....mcg	6.21		0	NR	4		1.86		
Vitamin A, RAE....mcg_RAE	594		0	FLA	4		178		
Retinol....mcg	589		0	FLA	4		177		
Carotene, beta....mcg	43		0	FLA	4		13		
Carotene, alpha....mcg	28		0	FLA	4		9		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
* Vitamin A, IU....IU	2059		0	FLA	4		618		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	609		0	FLA	4		183		
Vitamin E (alpha-tocopherol)....mg	0.21		0	FLA	4		0.06		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.5		0	MA	12		1.4		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	182		1	MA	12		55		
Vitamin K (phylloquinone)....mcg	0.6		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.464		1	MA	12		0.139		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08206
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.002		0	FLA	4		0.001		
15:0....g									
16:0....g	0.236		0	FLA	4		0.071		
17:0....g									
18:0....g	0.211		0	FLA	4		0.063		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.610		1	MA	12		0.483		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.606		0	FLA	4		0.482		
20:1....g	0.001		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.419		1	MA	12		0.126		
18:2 undifferentiated....g	0.401		0	FLA	4		0.120		
18:3 undifferentiated....g	0.011		0	FLA	4		0.003		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.930		1	MA	12		0.279		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	4		0	FLM	4		1		
Theobromine....mg	136		0	FLM	4		41		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08346

Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.25		1	MA	12		0.38		
Energy	kcal	415		0	MC	9		125		
Energy	kJ	1736		0	MC	9		521		
Protein	g	4.20		1	MA	12		1.26		
Total lipid (fat)	g	5.48		0	NR	4		1.64		
Ash	g	2.25		1	MA	12		0.68		
Carbohydrate, by difference	g	86.60		0	MC	9		25.98		
Fiber, total dietary	g	0.7		1	MA	12		0.2		
Sugars, total	g	40.65		1	MA	12		12.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	FLA	4		2		
* Iron, Fe	mg	13.65		1	MA	12		4.10		
Magnesium, Mg	mg	59		0	FLA	4		18		
Phosphorus, P	mg	172		0	FLA	4		52		
Potassium, K	mg	89		1	MA	12		27		
Sodium, Na	mg	657		1	MA	12		197		
* Zinc, Zn	mg	10.78		1	MA	12		3.23		
Copper, Cu	mg	0.147		0	FLA	4		0.044		
Manganese, Mn	mg	0.350		0	FLA	4		0.105		
Selenium, Se	mcg	10.1		0	FLA	4		3.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.320		1	MA	12		0.396		
* Riboflavin	mg	1.730		1	MA	12		0.519		
* Niacin	mg	23.350		1	MA	12		7.005		
Pantothenic acid	mg	0.402		0	FLA	4		0.121		
* Vitamin B-6	mg	3.270		1	MA	12		0.981		
* Folate, total	mcg	667		0	LC	8		200		
* Folic acid	mcg	648		0	NR	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.17		0	FLA	4		0.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	133		0	LC	8		40		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.880		1	MA	12		0.264		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		

NDB No. 08346
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.001		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.004		0	FLA	4		0.001		
15:0 ... g									
16:0 ... g	0.553		0	FLA	4		0.166		
17:0 ... g									
18:0 ... g	0.277		0	FLA	4		0.083		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.430		1	MA	12		0.429		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLA	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.425		0	FLA	4		0.428		
20:1 ... g	0.002		0	FLA	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.460		1	MA	12		0.138		
18:2 undifferentiated ... g	0.448		0	FLA	4		0.134		
18:3 undifferentiated ... g	0.010		0	FLA	4		0.003		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.480		1	MA	12		0.144		
Cholesterol ... mg	0		5	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08083

Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	0.90		1	MA	12		0.28		
Energy ... kcal	394		0	MC	9		122		
Energy ... kJ	1648		0	MC	9		511		
Protein ... g	4.00		1	MA	12		1.24		
Total lipid (fat) ... g	0.34		0	NR	4		0.10		
Ash ... g	1.10		1	MA	12		0.34		
Carbohydrate, by difference ... g	93.70		0	MC	9		29.05		
Fiber, total dietary ... g	1.8		1	MA	12		0.6		
Sugars, total ... g	43.60		1	MA	12		13.52		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	MA	12		1		
* Iron, Fe ... mg	6.56		1	MA	12		2.03		
Magnesium, Mg ... mg	4		2	MA	12		1		
Phosphorus, P ... mg	19		2	MA	12		6		
Potassium, K ... mg	59		1	MA	12		18		
Sodium, Na ... mg	399		1	MA	12		124		
* Zinc, Zn ... mg	5.70		1	MA	12		1.77		
Copper, Cu ... mg	0.090		2	MA	12		0.028		
Manganese, Mn ... mg	0.139		0	FLA	4		0.043		
Selenium, Se ... mcg	6.4		0	FLA	4		2.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	60.5		1	MA	12		18.8		
* Thiamin ... mg	2.830		1	MA	12		0.877		
* Riboflavin ... mg	3.060		1	MA	12		0.949		
* Niacin ... mg	38.500		1	MA	12		11.935		
Pantothenic acid ... mg	0.153		0	FLA	4		0.047		
* Vitamin B-6 ... mg	4.700		1	MA	12		1.457		
* Folate, total ... mcg	443		0	NC	4		137		
* Folic acid ... mcg	409		1	MA	12		127		
Folate, food ... mcg	34		0	CAAN	4		11		
Folate, DFE ... mcg_DFE	729		0	NC	4		226		
Choline, total ... mg	3.9		0	BFZN	4		1.2		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.75		1	MA	12		1.78		
* Vitamin B-12, added ... mcg	5.75		0	NR	4		1.78		
Vitamin A, RAE ... mcg_RAE	872		0	FLA	4		270		
* Retinol ... mcg	865		0	FLA	4		268		
Carotene, beta ... mcg	60		0	FLA	4		19		
Carotene, alpha ... mcg	39		0	FLA	4		12		
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0		
* Vitamin A, IU ... IU	3018		0	FLA	4		935		
Lycopene ... mcg	0		0	FLA	4		0		
Lutein + zeaxanthin ... mcg	842		0	FLA	4		261		
Vitamin E (alpha-tocopherol) ... mg	0.10		0	FLA	4		0.03		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.5		1	MA	12		1.1		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	141		1	MA	12		44		
Vitamin K (phylloquinone) ... mcg	0.2		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.165		1	MA	12		0.051		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08083
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.001		0	FLA	4		0.000		
13:0....g									
14:0....g	0.001		0	FLA	4		0.000		
15:0....g									
16:0....g	0.136		0	FLA	4		0.042		
17:0....g									
18:0....g	0.022		0	FLA	4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		1	MA	12		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.042		0	FLA	4		0.013		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		1	MA	12		0.035		
18:2 undifferentiated....g	0.110		0	FLA	4		0.034		
18:3 undifferentiated....g	0.003		0	FLA	4		0.001		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.160		1	MA	12		0.050		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08495

Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		1	MA	12		0.44		
Energy ... kcal	402		1	MC	9		117		
Energy ... kJ	1682		0	MC	9		488		
Protein (N x 6.25) ... g	4.10		1	MA	12		1.19		
Total lipid (fat) ... g	3.06		0	NR	4		0.89		
Ash ... g	1.90		1	MA	12		0.55		
Carbohydrate, by difference ... g	89.40		1	MC	9		25.93		
Fiber, total dietary ... g	1.2		1	MA	12		0.3		
Sugars, total ... g	45.20		1	MA	12		13.11		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	MA	12		2		
* Iron, Fe ... mg	6.81		1	MA	12		1.97		
Magnesium, Mg ... mg	25		1	MA	12		7		
Phosphorus, P ... mg	70		1	MA	12		20		
Potassium, K ... mg	179		1	MA	12		52		
Sodium, Na ... mg	609		1	MA	12		177		
* Zinc, Zn ... mg	5.45		1	MA	12		1.58		
Copper, Cu ... mg	0.193		1	MA	12		0.056		
Manganese, Mn ... mg	0.670		0	FLA	4		0.194		
Selenium, Se ... mcg	9.0		0	FLA	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	MA	12		0.3		
* Thiamin ... mg	1.600		1	MA	12		0.464		
* Riboflavin ... mg	2.300		1	MA	12		0.667		
* Niacin ... mg	39.900		1	MA	12		11.571		
Pantothenic acid ... mg	0.580		0	FLA	4		0.168		
* Vitamin B-6 ... mg	3.320		1	MA	12		0.963		
* Folate, total ... mcg	495		0	NC	4		144		
* Folic acid ... mcg	491		1	MA	12		142		
Folate, food ... mcg	4		0	CAAN	4		1		
Folate, DFE ... mcg_DFE	839		0	NC	4		243		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	8.19		1	MA	12		2.38		
* Vitamin B-12, added ... mcg	8.19		0	NR	4		2.38		
Vitamin A, RAE ... mcg_RAE	1036		0	NC	4		300		
Retinol ... mcg	1036		0	NC	4		300		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3450		1	MA	12		1001		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.12		0	FLA	4		0.03		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	5.8		1	MA	12		1.7		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	230		1	MA	12		67		
Vitamin K (phylloquinone) ... mcg	0.4		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	2.430		1	MA	12		0.705		
4:0 ... g	0.002		0	FLA	4		0.000		

NDB No. 08495
Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.012		0	FLA	4		0.003		
8:0 ... g	0.140		0	FLA	4		0.041		
10:0 ... g	0.109		0	FLA	4		0.032		
12:0 ... g	1.096		0	FLA	4		0.318		
13:0 ... g									
14:0 ... g	0.378		0	FLA	4		0.110		
15:0 ... g									
16:0 ... g	0.328		0	FLA	4		0.095		
17:0 ... g									
18:0 ... g	0.361		0	FLA	4		0.105		
20:0 ... g	0.002		0	FLA	4		0.001		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.256		1	MA	12		0.074		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	FLA	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.254		0	FLA	4		0.074		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.211		1	MA	12		0.061		
18:2 undifferentiated ... g	0.176		0	FLA	4		0.051		
18:3 undifferentiated ... g	0.035		0	FLA	4		0.010		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.010		1	MA	12		0.003		
Cholesterol ... mg	1		1	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	1		0	FLA	4		0		
Theobromine ... mg	35		0	FLA	4		10		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08348

Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.40		1	MA	12		1.12		
Energy ... kcal	381		0	MC	9		126		
Energy ... kJ	1594		0	MC	9		526		
Protein ... g	6.30		1	MA	12		2.08		
Total lipid (fat) ... g	1.13		0	NR	4		0.37		
Ash ... g	2.80		1	MA	12		0.92		
Carbohydrate, by difference ... g	86.40		0	MC	9		28.51		
Fiber, total dietary ... g	1.0		1	MA	12		0.3		
Sugars, total ... g	9.00		1	MA	12		2.97		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		1	MA	12		2		
* Iron, Fe ... mg	35.10		1	MA	12		11.58		
Magnesium, Mg ... mg	24		1	MA	12		8		
Phosphorus, P ... mg	121		1	MA	12		40		
Potassium, K ... mg	124		1	MA	12		41		
Sodium, Na ... mg	899		1	MA	12		297		
Zinc, Zn ... mg	1.08		1	MA	12		0.36		
Copper, Cu ... mg	0.203		1	MA	12		0.067		
Manganese, Mn ... mg	1.138		0	FLA	4		0.376		
Selenium, Se ... mcg	14.6		0	FLA	4		4.8		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	62.1		1	MA	12		20.5		
* Thiamin ... mg	1.710		1	MA	12		0.564		
* Riboflavin ... mg	1.990		1	MA	12		0.657		
* Niacin ... mg	19.800		1	MA	12		6.534		
Pantothenic acid ... mg	0.831		0	FLA	4		0.274		
* Vitamin B-6 ... mg	2.890		1	MA	12		0.954		
* Folate, total ... mcg	1214		0	NC	4		401		
* Folic acid ... mcg	1210		1	MA	12		399		
Folate, food ... mcg	4		0	CAAN	4		1		
Folate, DFE ... mcg_DFE	2061		0	NC	4		680		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	6.14		1	MA	12		2.03		
* Vitamin B-12, added ... mcg	6.14		0	NR	4		2.03		
Vitamin A, RAE ... mcg_RAE	877		0	NC	4		289		
Retinol ... mcg	877		0	NC	4		289		
Carotene, beta ... mcg	0		0	FLA	4		0		
Carotene, alpha ... mcg	0		0	FLA	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0		
* Vitamin A, IU ... IU	2920		1	MA	12		964		
Lycopene ... mcg	0		0	FLA	4		0		
Lutein + zeaxanthin ... mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.11		0	FLA	4		0.04		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		1	MA	12		1.1		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	132		1	MA	12		44		
Vitamin K (phylloquinone) ... mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	0.465		1	MA	12		0.153		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08348
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.010		0	FLA	4		0.003		
15:0 ... g									
16:0 ... g	0.416		0	FLA	4		0.137		
17:0 ... g									
18:0 ... g	0.031		0	FLA	4		0.010		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.251		1	MA	12		0.083		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLA	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.248		0	FLA	4		0.082		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.358		1	MA	12		0.118		
18:2 undifferentiated ... g	0.296		0	FLA	4		0.098		
18:3 undifferentiated ... g	0.063		0	FLA	4		0.021		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.000		1	MA	12		0.000		
Cholesterol ... mg	1		1	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08409

Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.10		1	MA	12		0.63	0.84	
Energy....kcal	387		0	MC	9		116	155	
Energy....kJ	1621		0	MC	9		486	648	
Protein (N x 6.25)....g	5.00		1	MA	12		1.50	2.00	
Total lipid (fat)....g	0.40		0	NR	4		0.12	0.16	
Ash....g	1.60		1	MA	12		0.48	0.64	
Carbohydrate, by difference....g	90.90		0	MC	9		27.27	36.36	
Fiber, total dietary....g	1.9		1	MA	12		0.6	0.7	
Sugars, total....g	37.40		1	MA	12		11.22	14.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	
* Iron, Fe....mg	14.33		1	MA	12		4.30	5.73	
Magnesium, Mg....mg	8		0	BFZN	4		2	3	
Phosphorus, P....mg	34		0	BFZN	4		10	13	
Potassium, K....mg	67		1	MA	12		20	27	
Sodium, Na....mg	573		1	MA	12		172	229	
Zinc, Zn....mg	0.18		0	BFZN	4		0.05	0.07	
Copper, Cu....mg	0.040		0	BFZN	4		0.012	0.016	
Manganese, Mn....mg	0.066		0	FLA	4		0.020	0.027	
Selenium, Se....mcg	4.4		0	BFZN	4		1.3	1.8	
Vitamins:									
* Vitamin C, total ascorbic acid....mg	61.5		1	MA	12		18.4	24.6	
* Thiamin....mg	2.170		1	MA	12		0.651	0.868	
* Riboflavin....mg	3.190		1	MA	12		0.957	1.276	
* Niacin....mg	39.830		1	MA	12		11.949	15.932	
Pantothenic acid....mg	0.193		0	FLA	4		0.058	0.077	
* Vitamin B-6....mg	3.990		1	MA	12		1.197	1.596	
* Folate, total....mcg	482		0	NC	4		145	193	
* Folic acid....mcg	463		1	MA	12		139	185	
Folate, food....mcg	19		0	CAAN	4		6	8	
Folate, DFE....mcg_DFE	807		0	NC	4		242	323	
Choline, total....mg	3.0		0	O	4		0.9	1.2	
Betaine....mg									
* Vitamin B-12....mcg	5.55		1	MA	12		1.67	2.22	
* Vitamin B-12, added....mcg	5.55		0	NR	4		1.67	2.22	
Vitamin A, RAE....mcg_RAE	1186		0	NC	4		356	474	
Retinol....mcg	1186		0	NC	4		356	474	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
* Vitamin A, IU....IU	3950		1	MA	12		1185	1580	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFZN	4		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.3		1	MA	12		1.3	1.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	172		1	MA	12		52	69	
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.130		1	MA	12		0.039	0.052	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 08409
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.107		0	FLA	4		0.032	0.043	
17:0....g									
18:0....g	0.014		0	FLA	4		0.004	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.070		1	MA	12		0.021	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.069		0	FLA	4		0.021	0.028	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		1	MA	12		0.057	0.076	
18:2 undifferentiated....g	0.185		0	FLA	4		0.055	0.074	
18:3 undifferentiated....g	0.005		0	FLA	4		0.002	0.002	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08500

Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.40		1	MA	12		2.42		
Energy ... kcal	388		0	MC	9		213		
Energy ... kJ	1623		0	MC	9		893		
Protein (N x 6.25) ... g	9.40		1	MA	12		5.17		
Total lipid (fat) ... g	2.08		0	NR	4		1.14		
Ash ... g	1.20		1	MA	12		0.66		
Carbohydrate, by difference ... g	82.90		0	MC	9		45.60		
Fiber, total dietary ... g	10.5		1	MA	12		5.8		
Sugars, total ... g	17.90		1	MA	12		9.85		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		1	MA	12		15		
* Iron, Fe ... mg	38.70		1	MA	12		21.29		
Magnesium, Mg ... mg	106		1	MA	12		58		
Phosphorus, P ... mg	311		1	MA	12		171		
Potassium, K ... mg	340		1	MA	12		187		
Sodium, Na ... mg	18		1	MA	12		10		
* Zinc, Zn ... mg	6.09		1	MA	12		3.35		
Copper, Cu ... mg	0.349		1	MA	12		0.192		
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	MA	12		0.6		
Thiamin ... mg	0.760		1	MA	12		0.418		
* Riboflavin ... mg	1.030		1	MA	12		0.567		
* Niacin ... mg	16.100		1	MA	12		8.855		
Pantothenic acid ... mg									
* Vitamin B-6 ... mg	1.470		1	MA	12		0.809		
Folate, total ... mcg									
* Folic acid ... mcg	811		1	MA	12		446		
Folate, food ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	2.65		1	MA	12		1.46		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	100		1	MA	12		55		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.393		1	MA	12		0.216		
Fatty acids, total monounsaturated ... g	0.367		1	MA	12		0.202		
Fatty acids, total polyunsaturated ... g	1.230		1	MA	12		0.677		
Fatty acids, total trans ... g	0.000		1	MA	12		0.000		

NDB No. 08500
Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		1	MA	12		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08501

Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.20		1	MA	12		0.32		
Energy....kcal	404		1	MC	9		109		
Energy....kJ	1690		0	NC	4		456		
Protein (N x 6.25)....g	3.90		1	MA	12		1.05		
Total lipid (fat)....g	3.15		0	NR	4		0.85		
Ash....g	1.70		1	MA	12		0.46		
Carbohydrate, by difference....g	90.10		1	MC	9		24.33		
Fiber, total dietary....g	1.0		1	MA	12		0.3		
Sugars, total....g	42.60		1	MA	12		11.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	MA	12		1		
Iron, Fe....mg	7.62		1	MA	12		2.06		
Magnesium, Mg....mg	15		0	FLA	4		4		
Phosphorus, P....mg	67		0	FLA	4		18		
Potassium, K....mg	76		1	MA	12		20		
Sodium, Na....mg	642		1	MA	12		173		
Zinc, Zn....mg	5.99		1	MA	12		1.62		
Copper, Cu....mg	0.128		0	FLA	4		0.035		
Manganese, Mn....mg	0.631		0	FLA	4		0.170		
Selenium, Se....mcg	9.0		0	FLA	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MA	12		0.3		
Thiamin....mg	1.460		1	MA	12		0.394		
Riboflavin....mg	2.510		1	MA	12		0.678		
Niacin....mg	26.500		1	MA	12		7.155		
Pantothenic acid....mg	0.587		0	FLA	4		0.158		
Vitamin B-6....mg	2.740		1	MA	12		0.740		
Folate, total....mcg	496		0	NR	4		134		
* Folic acid....mcg	492		1	MA	12		133		
Folate, food....mcg	4		0	O	4		1		
Folate, DFE....mcg_DFE	840		0	NC	4		227		
Choline, total....mg	3.4		0	FLA	4		0.9		
Betaine....mg									
* Vitamin B-12....mcg	6.90		1	MA	12		1.86		
* Vitamin B-12, added....mcg	6.90		0	NR	4		1.86		
Vitamin A, RAE....mcg_RAE	1090		0	NC	4		294		
Retinol....mcg	1090		0	NR	4		294		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	3630		1	MA	12		980		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	1.27		0	FLA	4		0.34		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.9		1	MA	12		1.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	195		1	MA	12		53		
Vitamin K (phylloquinone)....mcg	0.2		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.640		1	MA	12		0.173		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08501
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.007		0	FLA	4		0.002		
15:0....g									
16:0....g	0.377		0	FLA	4		0.102		
17:0....g									
18:0....g	0.194		0	FLA	4		0.052		
20:0....g	0.015		0	FLA	4		0.004		
22:0....g	0.043		0	FLA	4		0.012		
24:0....g									
Fatty acids, total monounsaturated....g	2.120		1	MA	12		0.572		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.001		
17:1....g									
18:1 undifferentiated....g	2.107		0	FLA	4		0.569		
20:1....g	0.007		0	FLA	4		0.002		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.258		1	MA	12		0.070		
18:2 undifferentiated....g	0.253		0	FLA	4		0.068		
18:3 undifferentiated....g	0.005		0	FLA	4		0.001		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.140		1	MA	12		0.038		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08478

Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Malt-O-Meal, Co.

golden puffs

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.76	0.171	3	A	1	D	0.74	1.02	
Energy ... kcal	397		1	MC	9		107	147	
Energy ... kJ	1660		0	MC	9		448	614	
Protein (N x 6.25) ... g	5.77	0.220	3	A	1	D	1.56	2.14	
Total lipid (fat) ... g	0.89	0.203	3	A	1	D	0.24	0.33	
Ash ... g	0.86	0.038	3	A	1	D	0.23	0.32	
Carbohydrate, by difference ... g	89.72		0	NC	4		24.22	33.20	
Fiber, total dietary ... g	2.6	0.088	3	A	1	D	0.7	1.0	
Sugars, total ... g	51.34	1.746	3	A	1	D	13.86	18.99	
Sucrose ... g	35.45	1.135	3	A	1	D	9.57	13.12	
Glucose (dextrose) ... g	8.25	0.582	3	A	1	D	2.23	3.05	
Fructose ... g	3.13	0.646	3	A	1	D	0.85	1.16	
Lactose ... g	0.00	0.000	3	A	1	D	0.00	0.00	
Maltose ... g	4.51	0.305	3	A	1	D	1.22	1.67	
Galactose ... g	0.00	0.000	3	A	1	D	0.00	0.00	
Starch ... g	21.37	0.240	3	A	1	D	5.77	7.91	
Minerals:									
Calcium, Ca ... mg	11	0.153	3	A	1	D	3	4	
* Iron, Fe ... mg	7.92	0.119	3	A	1	D	2.14	2.93	
Magnesium, Mg ... mg	46	0.867	3	A	1	D	12	17	
Phosphorus, P ... mg	140	6.386	3	A	1	D	38	52	
Potassium, K ... mg	154	10.868	3	A	1	D	42	57	
Sodium, Na ... mg	176	14.099	3	A	1	D	48	65	
* Zinc, Zn ... mg	7.30	0.125	3	A	1	D	1.97	2.70	
Copper, Cu ... mg	0.168	0.006	3	A	1	D	0.045	0.062	
Manganese, Mn ... mg	0.852	0.042	3	A	1	D	0.230	0.315	
Selenium, Se ... mcg	27.2	2.268	3	A	1	D	7.3	10.1	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	27.6	0.462	3	A	1	D	7.5	10.2	
* Thiamin ... mg	1.740	0.035	3	A	1	D	0.470	0.644	
* Riboflavin ... mg	2.167	0.033	3	A	1	D	0.585	0.802	
* Niacin ... mg	25.167	0.491	3	A	1	D	6.795	9.312	
Pantothenic acid ... mg	0.317	0.009	3	A	1	D	0.085	0.117	
* Vitamin B-6 ... mg	2.067	0.088	3	A	1	D	0.558	0.765	
Folate, total ... mcg	741		0	LC	8		200	274	
* Folic acid ... mcg	728		0	NR	4	D	197	269	
Folate, food ... mcg	13		0	FLA	4		3	5	
Folate, DFE ... mcg_DFE	1250		0	NC	4		338	463	
Choline, total ... mg	14.4		0	FLA	4		3.9	5.3	
Betaine ... mg									
* Vitamin B-12 ... mcg	6.67	0.088	3	A	1	D	1.80	2.47	
* Vitamin B-12, added ... mcg	6.67		0	NR	4		1.80	2.47	
Vitamin A, RAE ... mcg_RAE	1206		0	NC	4		326	446	
Retinol ... mcg	1206	153.052	3	A	1	D	326	446	
Carotene, beta ... mcg	2		0	FLA	4		1	1	
Carotene, alpha ... mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	
* Vitamin A, IU ... IU	4023		0	NC	4		1086	1489	
Lycopene ... mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin ... mcg	94		0	FLA	4		25	35	
Vitamin E (alpha-tocopherol) ... mg	0.43		0	FLA	4		0.12	0.16	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.8		0	MA	12		1.0	1.4	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08478
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	151		1	MA	12		41	56	
Vitamin K (phylloquinone).....mcg	1.1		0	FLA	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated.....g	0.161		0	NC	4		0.043	0.060	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.001		1	A	1	D	0.000	0.000	
10:0.....g	0.008		1	A	1	D	0.002	0.003	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.001		1	A	1	D	0.000	0.000	
15:0.....g	0.001		1	A	1	D	0.000	0.000	
16:0.....g	0.124		1	A	1	D	0.034	0.046	
17:0.....g	0.001		1	A	1	D	0.000	0.000	
18:0.....g	0.019		1	A	1	D	0.005	0.007	
20:0.....g	0.002		1	A	1	D	0.001	0.001	
22:0.....g	0.003		1	A	1	D	0.001	0.001	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.220		0	NC	4		0.059	0.081	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.001		0	AS	1		0.000	0.000	
16:1 c.....g	0.001		1	A	1	D	0.000	0.000	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.001		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	0.215		0	AS	1		0.058	0.079	
18:1 c.....g	0.190		1	A	1	D	0.051	0.070	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.024		1	A	1	D	0.007	0.009	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.003		1	A	1	D	0.001	0.001	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1	D	0.000	0.000	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.349		0	NC	4		0.094	0.129	
18:2 undifferentiated.....g	0.328		0	AS	1		0.088	0.121	
18:2 n-6 c,c.....g	0.324		1	A	1	D	0.087	0.120	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		1	A	1	D	0.001	0.001	
18:3 undifferentiated.....g	0.020		0	AS	1		0.005	0.007	
18:3 n-3 c,c,c (ALA).....g	0.020		1	A	1	D	0.005	0.007	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		1	A	1	D	0.000	0.000	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.001		1	A	1	D	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.028		0	NC	4		0.008	0.010	

NDB No. 08478
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.024		0	NC	4		0.007	0.009	
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.001	0.001	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	A	1		0.033	0.045	
Threonine.....g	0.174		0	A	1		0.047	0.064	
Isoleucine.....g	0.204		0	A	1		0.055	0.076	
Leucine.....g	0.429		0	A	1		0.116	0.159	
Lysine.....g	0.051		0	A	1		0.014	0.019	
Methionine.....g	0.092		0	A	1		0.025	0.034	
Cystine.....g	0.051		0	A	1		0.014	0.019	
Phenylalanine.....g	0.317		0	A	1		0.086	0.117	
Tyrosine.....g	0.143		0	A	1		0.039	0.053	
Valine.....g	0.245		0	A	1		0.066	0.091	
Arginine.....g	0.123		0	A	1		0.033	0.045	
Histidine.....g	0.143		0	A	1		0.039	0.053	
Alanine.....g	0.204		0	A	1		0.055	0.076	
Aspartic acid.....g	0.266		0	A	1		0.072	0.098	
Glutamic acid.....g	2.198		0	A	1		0.593	0.813	
Glycine.....g	0.215		0	A	1		0.058	0.079	
Proline.....g	0.440		0	A	1		0.119	0.163	
Serine.....g	0.307		0	A	1		0.083	0.113	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Measure 2 = 37g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08476

Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.88		1	MA	12		0.55		
Energy ... kcal	395		0	MC	9		115		
Energy ... kJ	1653		0	MC	9		479		
Protein (N x 6.25) ... g	6.30		1	MA	12		1.83		
Total lipid (fat) ... g	2.14		0	NR	4		0.62		
Ash ... g	2.05		1	MA	12		0.59		
Carbohydrate, by difference ... g	87.60		0	MC	9		25.40		
Fiber, total dietary ... g	2.9		1	MA	12		0.8		
Sugars, total ... g	37.40		1	MA	12		10.85		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	14		1	MA	12		4		
* Iron, Fe ... mg	7.86		1	MA	12		2.28		
Magnesium, Mg ... mg	31		1	MA	12		9		
Phosphorus, P ... mg	101		1	MA	12		29		
Potassium, K ... mg	120		1	MA	12		35		
Sodium, Na ... mg	711		1	MA	12		206		
* Zinc, Zn ... mg	7.43		1	MA	12		2.15		
Copper, Cu ... mg	0.167		0	FLA	4		0.049		
Manganese, Mn ... mg	0.603		0	FLA	4		0.175		
Selenium, Se ... mcg	10.8		0	FLA	4		3.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.9		1	MA	12		0.6		
* Thiamin ... mg	1.870		1	MA	12		0.542		
* Riboflavin ... mg	2.040		1	MA	12		0.592		
* Niacin ... mg	21.700		0	MC	9		6.293		
Pantothenic acid ... mg	0.067		0	FLA	4		0.020		
* Vitamin B-6 ... mg	2.150		1	MA	12		0.624		
* Folate, total ... mcg	1059		0	NC	4		307		
* Folic acid ... mcg	1040		1	MA	12		302		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1787		0	NC	4		518		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	7.30		1	MA	12		2.12		
Vitamin A, RAE ... mcg_RAE	1081		0	NC	4		314		
Retinol ... mcg	1081		0	NC	4		314		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3600		1	MA	12		1044		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.21		0	FLA	4		0.06		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	4.3		1	MA	12		1.2		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	171		1	MA	12		50		
Vitamin K (phylloquinone) ... mcg	0.7		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	0.650		1	MA	12		0.189		
4:0 ... g	0.000		0	FLA	4		0.000		
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08476
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.009		0	FLA	4		0.003		
13:0 ... g									
14:0 ... g	0.005		0	FLA	4		0.001		
15:0 ... g									
16:0 ... g	0.544		0	FLA	4		0.158		
17:0 ... g									
18:0 ... g	0.057		0	FLA	4		0.016		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.550		1	MA	12		0.160		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	FLA	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.548		0	FLA	4		0.159		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.650		1	MA	12		0.189		
18:2 undifferentiated ... g	0.626		0	FLA	4		0.181		
18:3 undifferentiated ... g	0.024		0	FLA	4		0.007		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.190		1	MA	12		0.055		
Cholesterol ... mg	1		1	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1.333 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08491

Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.90		1	MA	12		0.57		
Energy ... kcal	390		0	MC	9		117		
Energy ... kJ	1632		0	MC	9		490		
Protein (N x 6.25) ... g	9.63		1	MA	12		2.89		
Total lipid (fat) ... g	2.16		0	NR	4		0.65		
Ash ... g	4.10		1	MA	12		1.23		
Carbohydrate, by difference ... g	81.53		0	MC	9		24.46		
Fiber, total dietary ... g	5.6		1	MA	12		1.7		
Sugars, total ... g	38.73		1	MA	12		11.62		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	397		1	MA	12		119		
* Iron, Fe ... mg	17.07		1	MA	12		5.12		
Magnesium, Mg ... mg	102		1	MA	12		31		
Phosphorus, P ... mg	358		1	MA	12		107		
Potassium, K ... mg	309		1	MA	12		93		
Sodium, Na ... mg	836		1	MA	12		251		
* Zinc, Zn ... mg	16.25		1	MA	12		4.88		
Copper, Cu ... mg	0.270		1	MA	12		0.081		
Manganese, Mn ... mg	4.106		0	FLA	4		1.232		
Selenium, Se ... mcg	25.4		0	FLA	4		7.6		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	30.6		1	MA	12		9.2		
* Thiamin ... mg	1.490		1	MA	12		0.447		
* Riboflavin ... mg	2.360		1	MA	12		0.708		
* Niacin ... mg	23.370		1	MA	12		7.011		
Pantothenic acid ... mg	0.538		0	FLA	4		0.161		
* Vitamin B-6 ... mg	2.670		1	MA	12		0.801		
* Folate, total ... mcg	881		0	NC	4		264		
Folic acid ... mcg	862		1	MA	12		259		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1484		0	NC	4		445		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	2.32		1	MA	12		0.70		
Vitamin A, RAE ... mcg_RAE	941		0	NC	4		282		
Retinol ... mcg	941		0	NC	4		282		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3133		1	MA	12		940		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	1.83		0	FLA	4		0.55		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	4.5		1	MA	12		1.4		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	181		1	MA	12		54		
Vitamin K (phylloquinone) ... mcg	1.9		0	FLA	4		0.6		
Lipids:									
Fatty acids, total saturated ... g	0.435		1	MA	12		0.131		
4:0 ... g	0.000		0	FLA	4		0.000		
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08491

Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.006		0	FLA	4		0.002		
13:0 ... g	0.000		0	FLA	4		0.000		
14:0 ... g	0.004		0	FLA	4		0.001		
15:0 ... g	0.000		0	FLA	4		0.000		
16:0 ... g	0.383		0	FLA	4		0.115		
17:0 ... g	0.000		0	FLA	4		0.000		
18:0 ... g	0.021		0	FLA	4		0.006		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.831		1	MA	12		0.249		
14:1 ... g	0.000		0	FLA	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.007		0	FLA	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.825		0	FLA	4		0.247		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated ... g	0.871		1	MA	12		0.261		
18:2 undifferentiated ... g	0.805		0	FLA	4		0.241		
18:3 undifferentiated ... g	0.066		0	FLA	4		0.020		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLA	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08138

Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.70		1	MA	12		0.51		
Energy ... kcal	394		0	MC	9		118		
Energy ... kJ	1648		0	MC	9		495		
Protein ... g	7.20		1	MA	12		2.16		
Total lipid (fat) ... g	3.60		0	NR	4		1.08		
Ash ... g	4.20		1	MA	12		1.26		
Carbohydrate, by difference ... g	83.30		0	MC	9		24.99		
Fiber, total dietary ... g	4.6		1	MA	12		1.4		
Sugars, total ... g	42.80		1	MA	12		12.84		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	457		1	MA	12		137		
Iron, Fe ... mg	19.30		1	MA	12		5.79		
Magnesium, Mg ... mg	60		2	MA	12		18		
Phosphorus, P ... mg	251		2	MA	12		75		
Potassium, K ... mg	197		1	MA	12		59		
Sodium, Na ... mg	735		1	MA	12		221		
* Zinc, Zn ... mg	14.50		1	MA	12		4.35		
Copper, Cu ... mg	0.250		2	MA	12		0.075		
Manganese, Mn ... mg	1.693		0	FLA	4		0.508		
Selenium, Se ... mcg	15.1		0	FLA	4		4.5		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	29.7		1	MA	12		8.9		
* Thiamin ... mg	1.660		1	MA	12		0.498		
* Riboflavin ... mg	1.870		1	MA	12		0.561		
* Niacin ... mg	20.100		1	MA	12		6.030		
Pantothenic acid ... mg	0.087		0	FLA	4		0.026		
* Vitamin B-6 ... mg	2.640		1	MA	12		0.792		
* Folate, total ... mcg	745		0	NC	4		224		
Folic acid ... mcg	726		1	MA	12		218		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1253		0	NC	4		376		
Choline, total ... mg	22.7		0	FLM	4		6.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	7.29		1	MA	12		2.19		
* Vitamin B-12, added ... mcg	7.29		0	NR	4		2.19		
Vitamin A, RAE ... mcg_RAE	892		0	NC	4		268		
Retinol ... mcg	892		0	NC	4		268		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	2970		1	MA	12		891		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.29		0	FLA	4		0.09		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	4.4		1	MA	12		1.3		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	177		1	MA	12		53		
Vitamin K (phylloquinone) ... mcg	1.4		0	FLA	4		0.4		
Lipids:									
Fatty acids, total saturated ... g	0.719		1	MA	12		0.216		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08138
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.012		0	FLA	4		0.004		
13:0....g									
14:0....g	0.007		0	FLA	4		0.002		
15:0....g									
16:0....g	0.606		0	FLA	4		0.182		
17:0....g									
18:0....g	0.044		0	FLA	4		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.420		1	MA	12		0.426		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	FLA	4		0.003		
17:1....g									
18:1 undifferentiated....g	1.411		0	FLA	4		0.423		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		1	MA	12		0.390		
18:2 undifferentiated....g	1.244		0	FLA	4		0.373		
18:3 undifferentiated....g	0.056		0	FLA	4		0.017		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08489

Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.90		1	MA	12		2.66		
Energy ... kcal	377		0	NC	4		170		
Energy ... kJ	1576		0	NC	4		709		
Protein (N x 6.25) ... g	8.00		1	MA	12		3.60		
Total lipid (fat) ... g	0.75		0	NR	4		0.34		
Ash ... g	0.90		1	MA	12		0.41		
Carbohydrate, by difference ... g	84.50		0	MC	9		38.03		
Fiber, total dietary ... g	3.1		1	MA	12		1.4		
Sugars, total ... g	35.60		1	MA	12		16.02		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	314		1	MA	12		141		
Iron, Fe ... mg	31.90		1	MA	12		14.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	125		1	MA	12		56		
Potassium, K ... mg	130		1	MA	12		59		
Sodium, Na ... mg	10		1	MA	12		5		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	MA	12		0.5		
Thiamin ... mg	1.200		1	MA	12		0.540		
Riboflavin ... mg	0.720		1	MA	12		0.324		
Niacin ... mg	22.500		1	MA	12		10.125		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	1.670		1	MA	12		0.752		
Folate, total ... mcg	882		0	NC	4		397		
* Folic acid ... mcg	854		1	MA	12		384		
Folate, food ... mcg	28		0	CAAN	4		13		
Folate, DFE ... mcg_DFE	1480		0	NC	4		666		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	100		1	MA	12		45		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.190		1	MA	12		0.086		
Fatty acids, total monounsaturated ... g	0.096		1	MA	12		0.043		
Fatty acids, total polyunsaturated ... g	0.428		1	MA	12		0.193		
Fatty acids, total trans ... g									

NDB No. 08489

Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: .25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08492

Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.60		1	MA	12		0.09		
Energy	kcal	401		0	MC	9		60		
Energy	kJ	1678		0	MC	9		252		
Protein (N x 6.25)	g	7.80		1	MA	12		1.17		
Total lipid (fat)	g	0.97		0	NR	4		0.15		
Ash	g	0.40		1	MA	12		0.06		
Carbohydrate, by difference	g	90.20		0	MC	9		13.53		
Fiber, total dietary	g	1.0		1	MA	12		0.2		
Sugars, total	g	0.80		1	MA	12		0.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	MA	12		1		
* Iron, Fe	mg	44.50		1	MA	12		6.68		
Magnesium, Mg	mg	30		0	FLA	4		5		
Phosphorus, P	mg	115		1	MA	12		17		
Potassium, K	mg	103		1	MA	12		15		
Sodium, Na	mg	5		1	MA	12		1		
* Zinc, Zn	mg	1.16		0	FLA	4		0.17		
Copper, Cu	mg	0.228		0	FLA	4		0.034		
Manganese, Mn	mg	1.246		0	FLA	4		0.187		
Selenium, Se	mcg	17.0		0	FLA	4		2.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	MA	12		0.2		
* Thiamin	mg	3.730		1	MA	12		0.560		
* Riboflavin	mg	2.620		1	MA	12		0.393		
* Niacin	mg	52.300		1	MA	12		7.845		
Pantothenic acid	mg	1.098		0	FLA	4		0.165		
Vitamin B-6	mg	0.233		0	FLA	4		0.035		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	100		1	MA	12		15		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.297		1	MA	12		0.045		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.006		0	FLA	4		0.001		
15:0	g									
16:0	g	0.266		0	FLA	4		0.040		

NDB No. 08492
Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g									
18:0....g	0.020		0	FLA	4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.255		1	MA	12		0.038		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.251		0	FLA	4		0.038		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.377		1	MA	12		0.057		
18:2 undifferentiated....g	0.311		0	FLA	4		0.047		
18:3 undifferentiated....g	0.066		0	FLA	4		0.010		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08483

Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.10		1	MA	12		0.32		
Energy....kcal	396		0	MC	9		59		
Energy....kJ	1657		0	MC	9		249		
Protein (N x 6.25)....g	15.60		1	MA	12		2.34		
Total lipid (fat)....g	2.03		0	NR	4		0.30		
Ash....g	1.50		1	MA	12		0.23		
Carbohydrate, by difference....g	78.80		0	MC	9		11.82		
Fiber, total dietary....g	7.3		1	MA	12		1.1		
Sugars, total....g	1.10		1	MA	12		0.17		
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1	MA	12		4		
* Iron, Fe....mg	53.00		1	MA	12		7.95		
Magnesium, Mg....mg	146		0	FLA	4		22		
Phosphorus, P....mg	399		1	MA	12		60		
Potassium, K....mg	412		1	MA	12		62		
Sodium, Na....mg	10		1	MA	12		2		
Zinc, Zn....mg	3.08		0	FLA	4		0.46		
Copper, Cu....mg	0.450		0	FLA	4		0.067		
Manganese, Mn....mg	4.290		0	FLA	4		0.644		
Selenium, Se....mcg	77.9		0	FLA	4		11.7		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	1.0		1	MA	12		0.2		
* Thiamin....mg	3.870		1	MA	12		0.581		
* Riboflavin....mg	3.310		1	MA	12		0.497		
* Niacin....mg	63.700		1	MA	12		9.555		
Pantothenic acid....mg	1.081		0	FLA	4		0.162		
Vitamin B-6....mg	0.318		0	FLA	4		0.048		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	100		1	MA	12		15		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.01		0	FLA	4		0.15		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.0		0	FLA	4		0.3		
Lipids:									
Fatty acids, total saturated....g	0.442		1	MA	12		0.066		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.025		0	FLA	4		0.004		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.003		0	FLA	4		0.000		
15:0....g									
16:0....g	0.378		0	FLA	4		0.057		

NDB No. 08483
Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g									
18:0....g	0.021		0	FLA	4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.353		1	MA	12		0.053		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		0	FLA	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.336		0	FLA	4		0.050		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.150		1	MA	12		0.173		
18:2 undifferentiated....g	1.094		0	FLA	4		0.164		
18:3 undifferentiated....g	0.053		0	FLA	4		0.008		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08484

Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	8.50		1	MA	12		5.02		
Energy ... kcal	361		0	MC	9		213		
Energy ... kJ	1510		0	MC	9		891		
Protein (N x 6.25) ... g	9.00		1	MA	12		5.31		
Total lipid (fat) ... g	1.98		0	NR	4		1.17		
Ash ... g	3.60		1	MA	12		2.12		
Carbohydrate, by difference ... g	76.90		0	MC	9		45.37		
Fiber, total dietary ... g	13.5		1	MA	12		8.0		
Sugars, total ... g	30.30		1	MA	12		17.88		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	45		1	MA	12		26		
* Iron, Fe ... mg	9.81		1	MA	12		5.79		
Magnesium, Mg ... mg	142		1	MA	12		84		
Phosphorus, P ... mg	405		1	MA	12		239		
Potassium, K ... mg	578		1	MA	12		341		
Sodium, Na ... mg	664		1	MA	12		392		
* Zinc, Zn ... mg	11.10		1	MA	12		6.55		
Copper, Cu ... mg	0.489		1	MA	12		0.289		
Manganese, Mn ... mg	5.120		0	FLA	4		3.021		
Selenium, Se ... mcg	34.6		0	FLA	4		20.4		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	13.0		1	MA	12		7.7		
* Thiamin ... mg	0.940		1	MA	12		0.555		
* Riboflavin ... mg	1.360		1	MA	12		0.802		
* Niacin ... mg	23.600		1	MA	12		13.924		
Pantothenic acid ... mg	0.982		0	FLA	4		0.580		
* Vitamin B-6 ... mg	1.480		1	MA	12		0.873		
* Folate, total ... mcg	339		0	LC	8		200		
* Folic acid ... mcg	311		0	NR	4		183		
Folate, food ... mcg	28		0	CAAN	4		17		
Folate, DFE ... mcg_DFE	557		0	NC	4		328		
Choline, total ... mg									
Betaine ... mg									
* Vitamin B-12 ... mcg	3.27		1	MA	12		1.93		
* Vitamin B-12, added ... mcg	3.27		0	NR	4		1.93		
Vitamin A, RAE ... mcg_RAE	378		0	NC	4		223		
Retinol ... mcg	378		0	NC	4		223		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	1260		1	MA	12		743		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.69		0	FLA	4		0.41		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.0		0	MA	12		1.2		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	82		1	MA	12		48		
Vitamin K (phylloquinone) ... mcg	1.9		0	FLA	4		1.1		
Lipids:									
Fatty acids, total saturated ... g	0.476		1	MA	12		0.281		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08484
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.002		0	FLA	4		0.001		
13:0 ... g									
14:0 ... g	0.005		0	FLA	4		0.003		
15:0 ... g	0.000		0	FLA	4		0.000		
16:0 ... g	0.417		0	FLA	4		0.246		
17:0 ... g	0.000		0	FLA	4		0.000		
18:0 ... g	0.031		0	FLA	4		0.019		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.401		1	MA	12		0.237		
14:1 ... g	0.000		0	FLA	4		0.000		
15:1 ... g	0.000		0	FLA	4		0.000		
16:1 undifferentiated ... g	0.026		0	FLA	4		0.015		
17:1 ... g	0.000		0	FLA	4		0.000		
18:1 undifferentiated ... g	0.374		0	FLA	4		0.221		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.010		1	MA	12		0.596		
18:2 undifferentiated ... g	0.929		0	FLA	4		0.548		
18:3 undifferentiated ... g	0.078		0	FLA	4		0.046		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLA	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:4 undifferentiated ... g	0.002		0	FLA	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	1		1	MA	12		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08350

Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		1	MA	12		0.60		
Energy....kcal	404		0	MC	9		121		
Energy....kJ	1690		0	MC	9		507		
Protein....g	13.10		1	MA	12		3.93		
Total lipid (fat)....g	5.92		0	NR	4		1.78		
Ash....g	4.40		1	MA	12		1.32		
Carbohydrate, by difference....g	74.60		0	MC	9		22.38		
Fiber, total dietary....g	10.7		1	MA	12		3.2		
Sugars, total....g	3.90		1	MA	12		1.17		
Starch....g									
Minerals:									
* Calcium, Ca....mg	406		1	MA	12		122		
* Iron, Fe....mg	32.70		1	MA	12		9.81		
Magnesium, Mg....mg	119		1	MA	12		36		
Phosphorus, P....mg	375		1	MA	12		113		
Potassium, K....mg	317		1	MA	12		95		
Sodium, Na....mg	897		1	MA	12		269		
* Zinc, Zn....mg	14.70		1	MA	12		4.41		
Copper, Cu....mg	0.320		1	MA	12		0.096		
Manganese, Mn....mg	0.299		0	BFZN	4		0.090		
Selenium, Se....mcg	37.5		0	BFZN	4		11.3		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.5		1	MA	12		6.2		
* Thiamin....mg	1.570		1	MA	12		0.471		
* Riboflavin....mg	2.010		1	MA	12		0.603		
* Niacin....mg	19.000		1	MA	12		5.700		
Pantothenic acid....mg	0.077		0	BFZN	4		0.023		
* Vitamin B-6....mg	2.390		1	MA	12		0.717		
* Folate, total....mcg	520		0	NC	4		156		
* Folic acid....mcg	501		1	MA	12		150		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	871		0	NC	4		261		
Choline, total....mg	26.2		0	BFZN	4		7.9		
Betaine....mg									
* Vitamin B-12....mcg	6.14		1	MA	12		1.84		
* Vitamin B-12, added....mcg	6.14		0	NR	4		1.84		
Vitamin A, RAE....mcg_RAE	218		0	NC	4		65		
Retinol....mcg	218		0	NC	4		65		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
* Vitamin A, IU....IU	725		1	MA	12		218		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.66		0	FLA	4		0.20		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.8		1	MA	12		0.8		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	111		1	MA	12		33		
Vitamin K (phylloquinone)....mcg	2.5		0	FLA	4		0.7		
Lipids:									
Fatty acids, total saturated....g	1.230		1	MA	12		0.369		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 08350
Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.023		0	FLA	4		0.007		
13:0....g									
14:0....g	0.013		0	FLA	4		0.004		
15:0....g									
16:0....g	1.043		0	FLA	4		0.313		
17:0....g									
18:0....g	0.066		0	FLA	4		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.160		1	MA	12		0.648		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLA	4		0.004		
17:1....g									
18:1 undifferentiated....g	2.148		0	FLA	4		0.644		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.270		1	MA	12		0.681		
18:2 undifferentiated....g	2.171		0	FLA	4		0.651		
18:3 undifferentiated....g	0.099		0	FLA	4		0.030		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08349

Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		1	MA	12		0.48		
Energy ... kcal	401		0	MC	9		128		
Energy ... kJ	1678		0	MC	9		537		
Protein ... g	5.00		1	MA	12		1.60		
Total lipid (fat) ... g	3.29		0	NR	4		1.05		
Ash ... g	2.30		1	MA	12		0.74		
Carbohydrate, by difference ... g	87.90		0	MC	9		28.13		
Fiber, total dietary ... g	2.5		1	MA	12		0.8		
Sugars, total ... g	45.70		1	MA	12		14.62		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	407		1	MA	12		130		
* Iron, Fe ... mg	15.50		1	MA	12		4.96		
Magnesium, Mg ... mg	35		1	MA	12		11		
Phosphorus, P ... mg	113		1	MA	12		36		
Potassium, K ... mg	131		1	MA	12		42		
Sodium, Na ... mg	464		1	MA	12		148		
* Zinc, Zn ... mg	12.50		1	MA	12		4.00		
Copper, Cu ... mg	0.100		2	MA	12		0.032		
Manganese, Mn ... mg	0.839		0	FLA	4		0.268		
Selenium, Se ... mcg	12.6		0	FLA	4		4.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	70.3		1	MA	12		22.5		
* Thiamin ... mg	1.580		1	MA	12		0.506		
* Riboflavin ... mg	2.260		1	MA	12		0.723		
* Niacin ... mg	17.800		1	MA	12		5.696		
Pantothenic acid ... mg	0.271		0	FLA	4		0.087		
* Vitamin B-6 ... mg	2.570		1	MA	12		0.822		
Folate, total ... mcg	625		0	LC	8		200		
* Folic acid ... mcg	606		0	NR	4		194		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	1049		0	NC	4		336		
Choline, total ... mg	10.5		0	BFZN	4		3.4		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.78		1	MA	12		1.85		
* Vitamin B-12, added ... mcg	5.78		0	NR	4		1.85		
Vitamin A, RAE ... mcg_RAE	1245		0	NC	4		399		
Retinol ... mcg	1240		0	NC	4		397		
Carotene, beta ... mcg	46		0	BFZN	4		15		
Carotene, alpha ... mcg	30		0	BFZN	4		10		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
* Vitamin A, IU ... IU	4130		1	MA	12		1322		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	651		0	BFZN	4		208		
Vitamin E (alpha-tocopherol) ... mg	0.26		0	FLA	4		0.08		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.7		0	MA	12		1.2		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	148		1	MA	12		47		
Vitamin K (phylloquinone) ... mcg	0.2		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	0.687		1	MA	12		0.220		
4:0 ... g	0.000		0	FLA	4		0.000		

NDB No. 08349
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.005		0	FLA	4		0.002		
13:0....g									
14:0....g	0.006		0	FLA	4		0.002		
15:0....g									
16:0....g	0.523		0	FLA	4		0.167		
17:0....g									
18:0....g	0.124		0	FLA	4		0.040		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.470		1	MA	12		0.470		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.466		0	FLA	4		0.469		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.976		1	MA	12		0.312		
18:2 undifferentiated....g	0.939		0	FLA	4		0.301		
18:3 undifferentiated....g	0.037		0	FLA	4		0.012		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.560		1	MA	12		0.179		
Cholesterol....mg	1		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42184
Cereals ready-to-eat, MUESLI, dried fruit and nuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80		0		4		4.93		
Energy....kcal	340		0		9		289		
Energy....kJ	1423		0		9		1209		
Protein....g	9.70		0		5		8.25		
Total lipid (fat)....g	4.90		0		5		4.17		
Ash....g	1.80		0	NC	4		1.53		
Carbohydrate, by difference....g	77.80		0		9		66.13		
Fiber, total dietary....g	7.3		0		5		6.2		
Sugars, total....g	31.00		0	BFZN	4		26.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	Z	7		0		
Iron, Fe....mg	8.75		0	LC	8		7.44		
Magnesium, Mg....mg	78		0	LC	8		66		
Phosphorus, P....mg	243		0	LC	8		207		
Potassium, K....mg	486		0		5		413		
Sodium, Na....mg	231		0		5		196		
Zinc, Zn....mg	3.65		0	LC	8		3.10		
Copper, Cu....mg	0.390		0	LC	8		0.332		
Manganese, Mn....mg	2.177		0	BFZN	4		1.850		
Selenium, Se....mcg	17.3		0	BFZN	4		14.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.910		0	LC	8		0.774		
Riboflavin....mg	1.030		0	LC	8		0.876		
Niacin....mg	12.150		0	LC	8		10.328		
Pantothenic acid....mg	4.600		0	BFZN	4		3.910		
Vitamin B-6....mg	1.220		0	LC	8		1.037		
Folate, total....mcg	243		0	LC	8		207		
Folic acid....mcg	224		0	NC	4		190		
Folate, food....mcg	19		0	BFZN	4		16		
Folate, DFE....mcg_DFE	400		0	NC	4		340		
Choline, total....mg	22.6		0	O	4		19.2		
Betaine....mg									
* Vitamin B-12....mcg	3.65		0	LC	8		3.10		
* Vitamin B-12, added....mcg	3.65		0	NR	4		3.10		
Vitamin A, RAE....mcg_RAE	164		0	NC	4		139		
Retinol....mcg	164		0	BFZN	4		139		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
* Vitamin A, IU....IU	546		0	NC	4		464		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
* Vitamin E (alpha-tocopherol)....mg	7.20		0	BFZN	4		6.12		
* Vitamin E, added....mg	7.20		0	NR	4		6.12		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	2.9		0	BFZN	4		2.5		
Lipids:									
Fatty acids, total saturated....g	0.805		0		4		0.684		

NDB No. 42184
Cereals ready-to-eat, MUESLI, dried fruit and nuts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.001		0		4		0.001		
10:0....g	0.001		0		4		0.001		
12:0....g	0.008		0		4		0.007		
13:0....g									
14:0....g	0.025		0		4		0.021		
15:0....g									
16:0....g	0.539		0		4		0.458		
17:0....g									
18:0....g	0.210		0		4		0.179		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.380		0		4		2.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		4		0.014		
17:1....g									
18:1 undifferentiated....g	2.346		0		4		1.994		
20:1....g	0.002		0		4		0.002		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.315		0		4		1.118		
18:2 undifferentiated....g	1.242		0		4		1.056		
18:3 undifferentiated....g	0.061		0		4		0.052		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		5		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08481

Cereals ready-to-eat, Malt-O-Meal Honey Graham Squares

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.60		1	MA	12		1.08		
Energy....kcal	433		1	MC	9		130		
Energy....kJ	1813		0	NC	4		544		
Protein (N x 6.25)....g	3.33		1	LC	8		1.00		
Total lipid (fat)....g	10.00		1	LC	8		3.00		
Ash....g	2.73		0	FLC	4		0.82		
Carbohydrate, by difference....g	80.33		0	NC	4		24.10		
Fiber, total dietary....g	3.3		1	LC	8		1.0		
Sugars, total....g	33.33		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	333		1	LC	8		100		
* Iron, Fe....mg	30.00		1	LC	8		9.00		
Magnesium, Mg....mg	27		1	LC	8		8		
Phosphorus, P....mg	333		1	LC	8		100		
Potassium, K....mg	167		1	LC	8		50		
Sodium, Na....mg	900		1	LC	8		270		
* Zinc, Zn....mg	12.50		1	LC	8		3.75		
Copper, Cu....mg	0.165		0	FLC	4		0.049		
Manganese, Mn....mg	0.863		0	FLC	4		0.259		
Selenium, Se....mcg	14.6		0	FLA	4		4.4		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		1	LC	8		6.0		
* Thiamin....mg	1.250		1	LC	8		0.375		
* Riboflavin....mg	1.417		1	LC	8		0.425		
* Niacin....mg	16.667		1	LC	8		5.000		
Pantothenic acid....mg	0.354		0	FLC	4		0.106		
* Vitamin B-6....mg	1.667		1	LC	8		0.500		
* Folate, total....mcg	667		1	LC	8		200		
* Folic acid....mcg	651		0	NR	4		195		
Folate, food....mcg	16		0	FLC	4		5		
Folate, DFE....mcg_DFE	1122		0	NC	4		337		
Choline, total....mg	10.2		0	FLC	4		3.1		
Betaine....mg									
Vitamin B-12....mcg	5.00		1	LC	8		1.50		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1667		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	11.25		1	LC	8		3.38		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		1	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	3.3		1	LC	8		1.0		
Vitamin D....IU	133		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	2.4		0	FLC	4		0.7		
Lipids:									
Fatty acids, total saturated....g	1.667		1	LC	8		0.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.002		0	FLC	4		0.001		

NDB No. 08481
Cereals ready-to-eat, Malt-O-Meal Honey Graham Squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.007		0	FLC	4		0.002		
15:0....g									
16:0....g	0.787		0	FLC	4		0.236		
17:0....g									
18:0....g	0.810		0	FLC	4		0.243		
20:0....g	0.024		0	FLC	4		0.007		
22:0....g	0.023		0	FLC	4		0.007		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.333		1	LC	8		1.000		
14:1....g									
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.007		0	FLC	4		0.002		
17:1....g									
18:1 undifferentiated....g	3.324		0	FLC	4		0.997		
20:1....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.333		1	LC	8		1.000		
18:2 undifferentiated....g	3.127		0	FLC	4		0.938		
18:3 undifferentiated....g	0.087		0	FLC	4		0.026		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42100
Cereals ready-to-eat, Marshmallow ALPHA-BITS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	398		0	MC	9		115		
Energy	kJ	1665		0	MC	9		483		
Protein	g	5.90		0	MC	9		1.71		
Total lipid (fat)	g	3.30		0	NR	4		0.96		
Ash	g	2.50		0	MC	9		0.73		
Carbohydrate, by difference	g	86.70		0	MC	9		25.14		
Fiber, total dietary	g	1.7		0	MC	9		0.5		
Sugars, total	g	43.50		0	MC	9		12.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	MC	9		4		
* Iron, Fe	mg	9.31		0	MC	9		2.70		
Magnesium, Mg	mg	41		0	MC	9		12		
Phosphorus, P	mg	132		0	MC	9		38		
Potassium, K	mg	100		0	MC	9		29		
Sodium, Na	mg	711		0	MC	9		206		
* Zinc, Zn	mg	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.100		0	MC	9		0.029		
Manganese, Mn	mg	1.431		0	FLM	4		0.415		
Selenium, Se	mcg	11.8		0	RA	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.290		0	MC	9		0.374		
* Riboflavin	mg	1.470		0	MC	9		0.426		
* Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg	0.079		0	FLM	4		0.023		
* Vitamin B-6	mg	1.730		0	MC	9		0.502		
* Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Choline, total	mg	9.7		0	FLM	4		2.8		
Betaine	mg									
* Vitamin B-12	mcg	5.17		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.17		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	776		0	NC	4		225		
Retinol	mcg	776		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	2586		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.57		0	MC	9		0.17		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.5		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	138		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 42100
Cereals ready-to-eat, Marshmallow ALPHA-BITS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.010		0	FLM	4		0.003		
13:0....g									
14:0....g	0.005		0	FLM	4		0.002		
15:0....g									
16:0....g	0.504		0	FLM	4		0.146		
17:0....g									
18:0....g	0.038		0	FLM	4		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.015		0	FLM	4		0.294		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	1.009		0	FLM	4		0.293		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.209		0	FLM	4		0.351		
18:2 undifferentiated....g	1.158		0	FLM	4		0.336		
18:3 undifferentiated....g	0.051		0	FLM	4		0.015		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08502

Cereals ready-to-eat, NATURE'S PATH, OPTIMUM

Nature's Path

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.67		0	FLC	4		2.02		
Energy ... kcal	345		1	LC	8		190		
Energy ... kJ	1445		0	LC	8		795		
Protein ... g	14.55		1	LC	8		8.00		
Total lipid (fat) ... g	4.55		1	LC	8		2.50		
Ash ... g	3.86		0	FLC	4		2.13		
Carbohydrate, by difference ... g	73.37		0	NC	4		40.35		
Fiber, total dietary ... g	18.2		1	LC	8		10.0		
Sugars, total ... g	29.09		1	LC	8		16.00		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	455		1	LC	8		250		
Iron, Fe ... mg	4.91		1	LC	8		2.70		
Magnesium, Mg ... mg	249		0	FLC	4		137		
Phosphorus, P ... mg	475		0	FLC	4		261		
Potassium, K ... mg	751		0	FLC	4		413		
Sodium, Na ... mg	364		1	LC	8		200		
Zinc, Zn ... mg	3.09		0	FLC	4		1.70		
Copper, Cu ... mg	1.133		0	FLC	4		0.623		
Manganese, Mn ... mg	4.270		0	FLC	4		2.349		
Selenium, Se ... mcg	37.6		0	FLC	4		20.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.2		1	LC	8		1.2		
Thiamin ... mg	0.331		0	FLC	4		0.182		
Riboflavin ... mg	0.269		0	FLC	4		0.148		
Niacin ... mg	5.782		0	FLC	4		3.180		
Pantothenic acid ... mg	1.139		0	FLC	4		0.626		
Vitamin B-6 ... mg	0.587		0	FLC	4		0.323		
* Folate, total ... mcg	727		1	LC	8		400		
* Folic acid ... mcg	708		0	NC	4		390		
Folate, food ... mcg	19		0	CAAN	4		10		
Folate, DFE ... mcg_DFE	1223		0	NC	4		673		
Choline, total ... mg	56.0		0	FLC	4		30.8		
Betaine ... mg									
* Vitamin B-12 ... mcg	10.91		1	LC	8		6.00		
* Vitamin B-12, added ... mcg	10.91		0	NR	4		6.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	NC	4		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		1	LC	8		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.62		0	FLC	4		0.34		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.3		0	FLC	4		1.3		
Lipids:									
Fatty acids, total saturated ... g	0.000		1	LC	8		0.000		
4:0 ... g	0.000		0	FLC	4		0.000		

NDB No. 08502
Cereals ready-to-eat, NATURE'S PATH, OPTIMUM

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLC	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLC	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.962		0	FLC	4		0.529		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLC	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	0.953		0	FLC	4		0.524		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.110		0	FLC	4		1.710		
18:2 undifferentiated ... g	1.238		0	FLC	4		0.681		
18:3 undifferentiated ... g	1.870		0	FLC	4		1.028		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLC	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08503

Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM

Nature's Path

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.07		0	FLC	4		2.24		
Energy....kcal	327		1	LC	8		180		
Energy....kJ	1369		0	LC	8		753		
Protein (N x 6.25)....g	16.36		1	LC	8		9.00		
Total lipid (fat)....g	4.55		1	LC	8		2.50		
Ash....g	5.50		0	O	4		3.03		
Carbohydrate, by difference....g	69.09		1	LC	8		38.00		
Fiber, total dietary....g	20.0		1	LC	8		11.0		
Sugars, total....g	18.18		1	LC	8		10.00		
Starch....g									
Minerals:									
* Calcium, Ca....mg	455		1	LC	8		250		
Iron, Fe....mg	4.91		1	LC	8		2.70		
Magnesium, Mg....mg	246		0	FLC	4		135		
Phosphorus, P....mg	420		0	FLC	4		231		
Potassium, K....mg	956		0	FLC	4		526		
Sodium, Na....mg	455		1	LC	8		250		
Zinc, Zn....mg	3.02		0	FLC	4		1.66		
Copper, Cu....mg	1.136		0	FLC	4		0.625		
Manganese, Mn....mg	3.794		0	FLC	4		2.087		
Selenium, Se....mcg	34.8		0	FLC	4		19.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.324		0	FLC	4		0.178		
Riboflavin....mg	0.357		0	FLC	4		0.196		
Niacin....mg	5.050		0	FLC	4		2.777		
Pantothenic acid....mg	1.212		0	FLC	4		0.667		
Vitamin B-6....mg	0.487		0	FLC	4		0.268		
Folate, total....mcg	82		0	FLC	4		45		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	82		0	FLC	4		45		
Folate, DFE....mcg_DFE	82		0	NC	4		45		
Choline, total....mg	56.0		0	BFZN	4		30.8		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.84		0	FLC	4		0.46		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	13.5		0	FLC	4		7.4		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08503
Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.130		0	FLC	4		0.621		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	FLC	4		0.010		
17:1....g									
18:1 undifferentiated....g	1.111		0	FLC	4		0.611		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.903		0	FLC	4		1.597		
18:2 undifferentiated....g	2.586		0	FLC	4		1.422		
18:3 undifferentiated....g	0.316		0	FLC	4		0.174		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43495
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		1		1		1.60		
Energy	kcal	353		0		9		166		
Energy	kJ	1477		0		9		694		
Protein	g	10.70		0		4		5.03		
Total lipid (fat)	g	1.40		0		5		0.66		
Ash	g	5.50		0	NC	4		2.59		
Carbohydrate, by difference	g	78.60		0		4		36.94		
Fiber, total dietary	g	13.0		0		5		6.1		
Sugars, total	g	19.47		0	FLC	4		9.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0		5		18		
Iron, Fe	mg	5.00		0		4		2.35		
Magnesium, Mg	mg	168		0		4		79		
Phosphorus, P	mg	507		0		4		238		
Potassium, K	mg	321		0		4		151		
Sodium, Na	mg	36		0		4		17		
Zinc, Zn	mg	2.54		0		4		1.19		
Copper, Cu	mg	0.179		0		4		0.084		
Manganese, Mn	mg									
Selenium, Se	mcg	37.5		0	BFZN	4		17.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.2		
Thiamin	mg	0.530		0		5		0.249		
Riboflavin	mg	0.390		0		5		0.183		
Niacin	mg	6.710		0		5		3.154		
Pantothenic acid	mg									
Vitamin B-6	mg	0.110		0		4		0.052		
Folate, total	mcg	46		0		4		22		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	46		0		4		22		
Folate, DFE	mcg_DFE	46		0	NC	4		22		
Choline, total	mg	28.0		0	O	4		13.2		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	4		0	FLC	4		2		
Carotene, alpha	mcg	2		0	FLC	4		1		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	9		0	FLC	4		4		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	163		0	FLC	4		76		
Vitamin E (alpha-tocopherol)	mg	0.44		0	FLC	4		0.21		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	LC	8		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	LC	8		0		
Vitamin K (phylloquinone)	mcg	2.2		0	FLC	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.251		0		4		0.118		
4:0	g	0.000		0		4		0.000		

NDB No. 43495
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.004		0		4		0.002		
13:0....g									
14:0....g	0.003		0		4		0.001		
15:0....g									
16:0....g	0.214		0		4		0.101		
17:0....g									
18:0....g	0.014		0		4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.431		0		4		0.203		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		4		0.001		
17:1....g									
18:1 undifferentiated....g	0.428		0		4		0.201		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.529		0		4		0.249		
18:2 undifferentiated....g	0.501		0		4		0.235		
18:3 undifferentiated....g	0.018		0		4		0.008		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42297
Cereals ready-to-eat, POST Banana Nut Crunch

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	422		0	MC	9		249		
Energy	kJ	1766		0	MC	9		1042		
Protein	g	8.50		0	MC	9		5.02		
Total lipid (fat)	g	10.30		0	NR	4		6.08		
Ash	g	2.50		0	MC	9		1.48		
Carbohydrate, by difference	g	74.00		0	MC	9		43.66		
Fiber, total dietary	g	6.8		0	MC	9		4.0		
Sugars, total	g	20.40		0	MC	9		12.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0	MC	9		21		
* Iron, Fe	mg	27.46		0	MC	9		16.20		
Magnesium, Mg	mg	82		0	MC	9		48		
Phosphorus, P	mg	310		0	MC	9		183		
Potassium, K	mg	290		0	MC	9		171		
Sodium, Na	mg	428		0	MC	9		253		
* Zinc, Zn	mg	2.54		0	MC	9		1.50		
Copper, Cu	mg	0.383		0	MC	9		0.226		
Manganese, Mn	mg	2.200		0	FLM	4		1.298		
Selenium, Se	mcg	18.0		0	RA	4		10.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
* Thiamin	mg	0.640		0	MC	9		0.378		
* Riboflavin	mg	0.720		0	MC	9		0.425		
* Niacin	mg	8.470		0	MC	9		4.997		
Pantothenic acid	mg	0.746		0	FLM	4		0.440		
* Vitamin B-6	mg	0.850		0	MC	9		0.502		
* Folate, total	mcg	169		0	MC	9		100		
Folic acid	mcg	150		0	NC	4		89		
Folate, food	mcg	19		0	CAZN	4		11		
Folate, DFE	mcg_DFE	274		0	NC	4		162		
Choline, total	mg	13.4		0	BFZN	4		7.9		
Betaine	mg									
* Vitamin B-12	mcg	2.54		0	MC	9		1.50		
* Vitamin B-12, added	mcg	2.54		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	382		0	NC	4		225		
Retinol	mcg	382		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	1271		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.17		0	MC	9		0.69		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	68		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.826		
4:0	g	0.001		0	FLM	4		0.000		

NDB No. 42297
Cereals ready-to-eat, POST Banana Nut Crunch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.008		0	FLM	4		0.005		
10:0 ... g	0.001		0	FLM	4		0.000		
12:0 ... g	0.005		0	FLM	4		0.003		
13:0 ... g									
14:0 ... g	0.006		0	FLM	4		0.004		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.890		0	FLM	4		0.525		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.369		0	FLM	4		0.218		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.667		0	FLC	4		2.164		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.022		0	FLM	4		0.013		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	3.465		0	FLM	4		2.045		
20:1 ... g	0.021		0	FLM	4		0.012		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.485		0	FLM	4		2.646		
18:2 undifferentiated ... g	4.334		0	FLM	4		2.557		
18:3 undifferentiated ... g	0.151		0	FLM	4		0.089		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08192
Cereals ready-to-eat, POST Blueberry Morning

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.20		0	MC	9		3.96		
Energy	kcal	383		0	MC	9		211		
Energy	kJ	1602		0		9		881		
Protein	g	6.60		0	MC	9		3.63		
Total lipid (fat)	g	4.50		0	NR	4		2.48		
Ash	g	2.50		0		4		1.38		
Carbohydrate, by difference	g	79.20		0	NC	4		43.56		
Fiber, total dietary	g	3.8		0	MC	9		2.1		
Sugars, total	g	20.80		0	MC	9		11.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	MC	9		15		
* Iron, Fe	mg	3.27		0	MC	9		1.80		
Magnesium, Mg	mg	43		0	MC	9		24		
Phosphorus, P	mg	128		0	MC	9		70		
Potassium, K	mg	166		0	MC	9		91		
Sodium, Na	mg	484		0	MC	9		266		
* Zinc, Zn	mg	1.64		0	MC	9		0.90		
Copper, Cu	mg	0.135		0	MC	9		0.074		
Manganese, Mn	mg	0.832		0	FLM	4		0.458		
Selenium, Se	mcg	7.3		0	BFZN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.680		0	MC	9		0.374		
* Riboflavin	mg	0.770		0	MC	9		0.424		
* Niacin	mg	9.090		0	MC	9		5.000		
Pantothenic acid	mg	0.418		0	FLM	4		0.230		
Vitamin B-6	mg	0.910		0	MC	9		0.501		
* Folate, total	mcg	182		0	MC	9		100		
Folic acid	mcg	163		0	NC	4		90		
* Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		163		
Choline, total	mg	14.5		0	BFZN	4		8.0		
Betaine	mg									
* Vitamin B-12	mcg	2.73		0	MC	9		1.50		
* Vitamin B-12, added	mcg	2.73		0	NR	4		1.50		
* Vitamin A, RAE	mcg_RAE	410		0	NC	4		226		
Retinol	mcg	410		0	NC	4		226		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1364		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	4.38		0	MC	9		2.41		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	73		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	8.6		0	FLM	4		4.7		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.330		
4:0	g	0.001		0	FLM	4		0.000		

NDB No. 08192
Cereals ready-to-eat, POST Blueberry Morning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.000		0	FLM	4		0.000		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.003		0	FLM	4		0.002		
13:0 g	0.000		0	FLM	4		0.000		
14:0 g	0.004		0	FLM	4		0.002		
15:0 g	0.000		0	FLM	4		0.000		
16:0 g	0.448		0	FLM	4		0.246		
17:0 g	0.000		0	FLM	4		0.000		
18:0 g	0.125		0	FLM	4		0.068		
20:0 g	0.000		0	FLM	4		0.000		
22:0 g	0.000		0	FLM	4		0.000		
24:0 g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated g	2.008		0	FLM	4		1.105		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g									
16:1 undifferentiated g	0.012		0	FLM	4		0.007		
17:1 g									
18:1 undifferentiated g	1.996		0	FLM	4		1.098		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated g	1.466		0	FLM	4		0.806		
18:2 undifferentiated g	1.405		0	FLM	4		0.773		
18:3 undifferentiated g	0.060		0	FLM	4		0.033		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08061
Cereals ready-to-eat, POST Raisin Bran Cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.13		1	A	1		4.80		
Energy	kcal	317		0	MC	9		187		
Energy	kJ	1326		0	MC	9		783		
Protein	g	9.33		1	A	1		5.50		
Total lipid (fat)	g	2.50		1	A	1		1.48		
Ash	g	3.20		1	A	1		1.89		
Carbohydrate, by difference	g	76.84		0	NC	4		45.34		
Fiber, total dietary	g	12.1		1	A	1		7.1		
Sugars, total	g	28.06		0	AS	1		16.56		
Sucrose	g	1.38		1	A	1		0.81		
Glucose (dextrose)	g	13.80		1	A	1		8.14		
Fructose	g	12.20		1	A	1		7.20		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.68		1	A	1		0.40		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	30.10		1	A	1		17.76		
Minerals:										
Calcium, Ca	mg	54		1	A	1		32		
Iron, Fe	mg	24.00		1	A	1		14.16		
Magnesium, Mg	mg	157		1	A	1		93		
Phosphorus, P	mg	393		1	A	1		232		
Potassium, K	mg	613		1	A	1		362		
Sodium, Na	mg	489		1	A	1		289		
Zinc, Zn	mg	7.81		1	A	1		4.61		
Copper, Cu	mg	0.527		1	A	1		0.311		
Manganese, Mn	mg	3.210		1	A	1		1.894		
Selenium, Se	mcg	5.9	0.239	32	JA	6		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		1	A	1		4.7		
Thiamin	mg	1.640		1	A	1		0.968		
Riboflavin	mg	1.690		1	A	1		0.997		
Niacin	mg	13.100		1	A	1		7.729		
Pantothenic acid	mg	0.206		1	A	1		0.122		
Vitamin B-6	mg	1.810		1	A	1		1.068		
Folate, total	mcg	341		1	A	1		201		
Folic acid	mcg	322		0	NC	4		190		
Folate, food	mcg	19		0	CAZN	4		11		
Folate, DFE	mcg_DFE	566		0	NC	4		334		
Choline, total	mg	28.5		1	AS	1		16.8		
Betaine	mg	290.7		1	A	1		171.5		
* Vitamin B-12	mcg	5.44		1	A	1		3.21		
* Vitamin B-12, added	mcg	5.44		0	NR	4		3.21		
Vitamin A, RAE	mcg_RAE	382		0	NC	4		225		
Retinol	mcg	382		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1271		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.82		0	MC	9		0.48		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08061
Cereals ready-to-eat, POST Raisin Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	68		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.9		1	A	1		1.1		
Lipids:									
Fatty acids, total saturated.....g	0.390		0	NC	4		0.230		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.360		1	A	1		0.212		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.030		1	A	1		0.018		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.460		0	NC	4		0.271		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.450		1	A	1		0.265		
20:1.....g	0.010		1	A	1		0.006		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	NC	4		0.619		
18:2 undifferentiated.....g	0.970		1	A	1		0.572		
18:3 undifferentiated.....g	0.080		1	A	1		0.047		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0	A	1		0.083		
Threonine.....g	0.250		0	A	1		0.148		
Isoleucine.....g	0.250		0	A	1		0.148		
Leucine.....g	0.500		0	A	1		0.295		
Lysine.....g	0.190		0	A	1		0.112		
Methionine.....g	0.100		0	A	1		0.059		
Cystine.....g	0.180		0	A	1		0.106		
Phenylalanine.....g	0.370		0	A	1		0.218		
Tyrosine.....g	0.100		0	A	1		0.059		
Valine.....g	0.350		0	A	1		0.206		
Arginine.....g	0.420		0	A	1		0.248		
Histidine.....g	0.180		0	A	1		0.106		
Alanine.....g	0.330		0	A	1		0.195		
Aspartic acid.....g	0.470		0	A	1		0.277		
Glutamic acid.....g	1.980		0	A	1		1.168		
Glycine.....g	0.360		0	A	1		0.212		
Proline.....g	0.680		0	A	1		0.401		
Serine.....g	0.360		0	A	1		0.212		
Hydroxyproline.....g									
Others:									

NDB No. 08061
Cereals ready-to-eat, POST Raisin Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08544

Cereals ready-to-eat, POST Selects Cranberry Almond Crunch

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.00		0	FLC	4		3.42		
Energy....kcal	386		1	LC	8		220		
Energy....kJ	1615		0	LC	8		921		
Protein....g	7.40		0	FLC	4		4.22		
Total lipid (fat)....g	5.55		0	FLC	4		3.16		
Ash....g	2.00		0	FLC	4		1.14		
Carbohydrate, by difference....g	79.06		0	NC	4		45.06		
Fiber, total dietary....g	6.0		0	FLC	4		3.4		
Sugars, total....g	25.89		0	FLC	4		14.75		
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0	FLC	4		17		
Iron, Fe....mg	3.16		1	LC	8		1.80		
Magnesium, Mg....mg	56		1	LC	8		32		
Phosphorus, P....mg	175		1	LC	8		100		
Potassium, K....mg	228		1	LC	8		130		
Sodium, Na....mg	351		1	LC	8		200		
Zinc, Zn....mg	2.63		1	LC	8		1.50		
Copper, Cu....mg	0.140		1	LC	8		0.080		
Manganese, Mn....mg	1.710		0	FLC	4		0.975		
Selenium, Se....mcg	26.7		0	FLC	4		15.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.3		1	LC	8		15.0		
Thiamin....mg	0.658		1	LC	8		0.375		
Riboflavin....mg	0.746		1	LC	8		0.425		
Niacin....mg	8.772		1	LC	8		5.000		
Pantothenic acid....mg	0.697		0	FLC	4		0.397		
Vitamin B-6....mg	0.877		1	LC	8		0.500		
Folate, total....mcg	175		1	LC	8		100		
* Folic acid....mcg	158		0	NC	4		90		
Folate, food....mcg	18		0	FLC	4		10		
Folate, DFE....mcg_DFE	286		0	NC	4		163		
Choline, total....mg	14.5		0	FLC	4		8.3		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	395		0	NC	4		225		
Retinol....mcg	395		0	NC	4		225		
Carotene, beta....mcg	2		0	FLC	4		1		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	1316		1	LC	8		750		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	84		0	FLC	4		48		
Vitamin E (alpha-tocopherol)....mg	1.91		0	FLC	4		1.09		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.8		1	LC	8		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	70		1	LC	8		40		
Vitamin K (phylloquinone)....mcg	3.7		0	FLC	4		2.1		
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 08544

Cereals ready-to-eat, POST Selects Cranberry Almond Crunch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g	0.000		0	FLC	4		0.000		
14:0 ... g	0.000		0	FLC	4		0.000		
15:0 ... g	0.000		0	FLC	4		0.000		
16:0 ... g	0.000		0	FLC	4		0.000		
17:0 ... g	0.000		0	FLC	4		0.000		
18:0 ... g	0.000		0	FLC	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.974		0	FLC	4		1.695		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.014		0	FLC	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	2.942		0	FLC	4		1.677		
20:1 ... g	0.014		0	FLC	4		0.008		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated ... g	1.778		0	FLC	4		1.014		
18:2 undifferentiated ... g	1.692		0	FLC	4		0.965		
18:3 undifferentiated ... g	0.074		0	FLC	4		0.042		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08076
Cereals ready-to-eat, POST TOASTIES corn flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		0.98	0.74	
Energy....kcal	360		0	MC	9		101	76	
Energy....kJ	1506		0		9		422	316	
Protein....g	6.70		0	MC	9		1.88	1.41	
Total lipid (fat)....g	0.10		0	NR	4		0.03	0.02	
Ash....g	2.80		0	MC	9		0.78	0.59	
Carbohydrate, by difference....g	86.70		0	MC	9		24.28	18.21	
Fiber, total dietary....g	4.5		0	MC	9		1.3	0.9	
Sugars, total....g	6.50		0	MC	9		1.82	1.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	MC	9		1	1	
* Iron, Fe....mg	19.29		0	MC	9		5.40	4.05	
Magnesium, Mg....mg	16		0	MC	9		4	3	
Phosphorus, P....mg	52		0	MC	9		15	11	
Potassium, K....mg	117		0	MC	9		33	25	
Sodium, Na....mg	949		0	MC	9		266	199	
Zinc, Zn....mg	0.48		0	MC	9		0.13	0.10	
Copper, Cu....mg	0.031		0	MC	9		0.009	0.007	
Manganese, Mn....mg	0.082		0		4		0.023	0.017	
Selenium, Se....mcg	5.1		0	BFZN	4		1.4	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
* Thiamin....mg	1.340		0	MC	9		0.375	0.281	
* Riboflavin....mg	1.520		0	MC	9		0.426	0.319	
* Niacin....mg	17.860		0	MC	9		5.001	3.751	
Pantothenic acid....mg	0.123		0		4		0.034	0.026	
* Vitamin B-6....mg	1.790		0	MC	9		0.501	0.376	
* Folate, total....mcg	357		0	MC	9		100	75	
Folic acid....mcg	338		0	NC	4		95	71	
Folate, food....mcg	19		0	CAZN	4		5	4	
Folate, DFE....mcg_DFE	594		0	NC	4		166	125	
Choline, total....mg	3.0		0	O	4		0.8	0.6	
Betaine....mg									
* Vitamin B-12....mcg	5.36		0	MC	9		1.50	1.13	
* Vitamin B-12, added....mcg	5.36		0	NR	4		1.50	1.13	
* Vitamin A, RAE....mcg_RAE	764		0	NC	4		214	160	
Retinol....mcg	756		0	FLM	4		212	159	
Carotene, beta....mcg	74		0	FLM	4		21	15	
Carotene, alpha....mcg	48		0	FLM	4		14	10	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	2681		0	FLM	4		751	563	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	1032		0	FLM	4		289	217	
Vitamin E (alpha-tocopherol)....mg	0.25		0	NC	4		0.07	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.6		0	MC	9		1.0	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	143		0	MC	9		40	30	
Vitamin K (phylloquinone)....mcg	0.3		0	FLM	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000	0.000	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08076
Cereals ready-to-eat, POST TOASTIES corn flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLM	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLM	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLM	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	FLM	4		0.008	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		0	FLM	4		0.008	0.006	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.051		0	FLM	4		0.014	0.011	
18:2 undifferentiated....g	0.050		0	FLM	4		0.014	0.010	
18:3 undifferentiated....g	0.001		0	FLM	4		0.000	0.000	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08053
Cereals ready-to-eat, POST, 100% Bran Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.81		
Energy....kcal	287		0	MC	9		83		
Energy....kJ	1201		0		9		348		
Protein....g	12.70		0	MC	9		3.68		
Total lipid (fat)....g	2.10		0	NR	4		0.61		
Ash....g	4.40		0	MC	9		1.28		
Carbohydrate, by difference....g	78.20		0	MC	9		22.68		
Fiber, total dietary....g	28.6		0	MC	9		8.3		
Sugars, total....g	24.40		0	MC	9		7.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	76		0	MC	9		22		
* Iron, Fe....mg	27.93		0	MC	9		8.10		
Magnesium, Mg....mg	278		0	MC	9		81		
Phosphorus, P....mg	813		0	MC	9		236		
Potassium, K....mg	947		0	MC	9		275		
Sodium, Na....mg	417		0	MC	9		121		
* Zinc, Zn....mg	12.93		0	MC	9		3.75		
Copper, Cu....mg	0.918		0	MC	9		0.266		
Manganese, Mn....mg	9.030		0	FLC	4		2.619		
Selenium, Se....mcg	8.0		1	A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	1.290		0	MC	9		0.374		
* Riboflavin....mg	1.470		0	MC	9		0.426		
* Niacin....mg	17.240		0	MC	9		5.000		
Pantothenic acid....mg	1.930	0.060	4	A	1		0.560		
* Vitamin B-6....mg	1.730		0	MC	9		0.502		
* Folate, total....mcg	345		0	MC	9		100		
Folic acid....mcg	326		0	NC	4		95		
Folate, food....mcg	19		0	CAZN	4		6		
Folate, DFE....mcg_DFE	573		0	NC	4		166		
Choline, total....mg	29.0		0	BFZN	4		8.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	776		0	NC	4		225		
Retinol....mcg	776		0	NC	4		225		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	2586		0	MC	9		750		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	2.32		0	MC	9		0.67		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.6		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated....g	0.300		0	MC	9		0.087		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08053
Cereals ready-to-eat, POST, 100% Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.003		0	FLM	4		0.001		
15:0....g									
16:0....g	0.265		0	FLM	4		0.077		
17:0....g									
18:0....g	0.018		0	FLM	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.316		0	FLM	4		0.092		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.308		0	FLM	4		0.089		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.101		0	FLM	4		0.319		
18:2 undifferentiated....g	1.016		0	FLM	4		0.295		
18:3 undifferentiated....g	0.083		0	FLM	4		0.024		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08002
Cereals ready-to-eat, POST, ALPHA-BITS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.30		0	MC	9		0.42	0.27	
Energy....kcal	405		0	MC	9		130	85	
Energy....kJ	1695		0	MC	9		542	356	
Protein....g	8.50		0	MC	9		2.72	1.79	
Total lipid (fat)....g	4.10		0	NR	4		1.31	0.86	
Ash....g	2.50		0	MC	9		0.80	0.53	
Carbohydrate, by difference....g	83.50		0	MC	9		26.72	17.54	
Fiber, total dietary....g	4.1		0	MC	9		1.3	0.9	
Sugars, total....g	39.00		0	MC	9		12.48	8.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	MC	9		10	6	
* Iron, Fe....mg	8.44		0	MC	9		2.70	1.77	
Magnesium, Mg....mg	78		0	MC	9		25	16	
Phosphorus, P....mg	208		0	MC	9		67	44	
Potassium, K....mg	194		0	MC	9		62	41	
Sodium, Na....mg	661		0	MC	9		212	139	
* Zinc, Zn....mg	4.69		0	MC	9		1.50	0.98	
Copper, Cu....mg	0.310		0	MC	9		0.099	0.065	
Manganese, Mn....mg	1.880		0	FLC	4		0.602	0.395	
Selenium, Se....mcg	13.1		0	RA	4		4.2	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
* Thiamin....mg	1.170		0	MC	9		0.374	0.246	
* Riboflavin....mg	1.330		0	MC	9		0.426	0.279	
* Niacin....mg	15.630		0	MC	9		5.002	3.282	
Pantothenic acid....mg	0.514	0.020	4	A	1		0.164	0.108	
* Vitamin B-6....mg	1.560		0	MC	9		0.499	0.328	
* Folate, total....mcg	312		0	MC	9		100	66	
Folic acid....mcg	293		0	NC	4		94	62	
Folate, food....mcg	19		0	CAZN	4		6	4	
Folate, DFE....mcg_DFE	517		0	NC	4		165	109	
Choline, total....mg	22.6		0	FLM	4		7.2	4.7	
Betaine....mg									
* Vitamin B-12....mcg	4.69		0	MC	9		1.50	0.98	
* Vitamin B-12, added....mcg	4.69		0	NR	4		1.50	0.98	
Vitamin A, RAE....mcg_RAE	704		0	NC	4		225	148	
Retinol....mcg	704		0	NC	4		225	148	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
* Vitamin A, IU....IU	2344		0	MC	9		750	492	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.06		0	MC	9		0.02	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.1		0	MC	9		1.0	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	125		0	MC	9		40	26	
Vitamin K (phylloquinone)....mcg	1.4		0	FLM	4		0.4	0.3	
Lipids:									
Fatty acids, total saturated....g	0.800		0	MC	9		0.256	0.168	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08002
Cereals ready-to-eat, POST, ALPHA-BITS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.013		0	FLM	4		0.004	0.003	
13:0....g									
14:0....g	0.007		0	FLM	4		0.002	0.001	
15:0....g									
16:0....g	0.667		0	FLM	4		0.213	0.140	
17:0....g									
18:0....g	0.060		0	FLM	4		0.019	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.175		0	FLC	4		0.376	0.247	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLM	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	1.215		0	FLM	4		0.389	0.255	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.487		0	FLC	4		0.476	0.312	
18:2 undifferentiated....g	1.431		0	FLM	4		0.458	0.300	
18:3 undifferentiated....g	0.061		0	FLM	4		0.020	0.013	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08015
Cereals ready-to-eat, POST, COCOA PEBBLES

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.90		0	MC	9		0.84	0.93	0.82
Energy....kcal	398		0	NR	4		115	127	113
Energy....kJ	1665		0	NR	4		483	533	472
Protein....g	3.50		0	MC	9		1.02	1.12	0.99
Total lipid (fat)....g	4.20		0	NR	4		1.22	1.34	1.19
Ash....g	1.90		0	MC	9		0.55	0.61	0.54
Carbohydrate, by difference....g	87.90		0	MC	9		25.49	28.13	24.92
Fiber, total dietary....g	1.6		0	MC	9		0.5	0.5	0.5
Sugars, total....g	44.00		0	MC	9		12.76	14.08	12.47
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	MC	9		3	4	3
Iron, Fe....mg	6.21		0	MC	9		1.80	1.99	1.76
Magnesium, Mg....mg	37		0	MC	9		11	12	10
Phosphorus, P....mg	81		0	MC	9		23	26	23
Potassium, K....mg	146		0	MC	9		42	47	41
Sodium, Na....mg	541		0	MC	9		157	173	153
Zinc, Zn....mg	5.17		0	MC	9		1.50	1.65	1.47
Copper, Cu....mg	0.215		0	MC	9		0.062	0.069	0.061
Manganese, Mn....mg	0.655		0	FLC	4		0.190	0.210	0.186
Selenium, Se....mcg	14.0		0	BFZN	4		4.1	4.5	4.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	0.0
Thiamin....mg	1.290		0	MC	9		0.374	0.413	0.366
Riboflavin....mg	1.470		0	MC	9		0.426	0.470	0.417
Niacin....mg	17.240		0	MC	9		5.000	5.517	4.888
Pantothenic acid....mg	0.514		0	FLC	4		0.149	0.164	0.146
Vitamin B-6....mg	1.720		0	MC	9		0.499	0.550	0.488
Folate, total....mcg	345		0	MC	9		100	110	98
* Folic acid....mcg	326		0	NC	4		95	104	92
Folate, food....mcg	19		0	CAAN	4		6	6	5
Folate, DFE....mcg_DFE	573		0	NC	4		166	183	163
Choline, total....mg	8.7		0	BFZN	4		2.5	2.8	2.5
Betaine....mg									
* Vitamin B-12....mcg	5.17		0	MC	9		1.50	1.65	1.47
* Vitamin B-12, added....mcg	5.17		0	NR	4		1.50	1.65	1.47
Vitamin A, RAE....mcg_RAE	776		0	NC	4		225	248	220
Retinol....mcg	776		0	NC	4		225	248	220
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	2586		0	MC	9		750	828	733
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.12		0	MC	9		0.03	0.04	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.5		0	MC	9		1.0	1.1	1.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	138		0	MC	9		40	44	39
Vitamin K (phylloquinone)....mcg	0.8		0	FLM	4		0.2	0.3	0.2
Lipids:									
Fatty acids, total saturated....g	3.700		0	MC	9		1.073	1.184	1.049
4:0....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 08015
Cereals ready-to-eat, POST, COCOA PEBBLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0....g	0.000		0	FLM	4		0.000	0.000	0.000
12:0....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.032		0	FLM	4		0.009	0.010	0.009
15:0....g									
16:0....g	2.421		0	FLM	4		0.702	0.775	0.686
17:0....g									
18:0....g	1.219		0	FLM	4		0.353	0.390	0.345
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0	FLM	4		0.038	0.042	0.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLM	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.130		0	FLM	4		0.038	0.042	0.037
20:1....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.128		0	FLC	4		0.037	0.041	0.036
18:2 undifferentiated....g	0.097		0	FLM	4		0.028	0.031	0.028
18:3 undifferentiated....g	0.009		0	FLM	4		0.003	0.003	0.003
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	4		0	FLC	4		1	1	1
Theobromine....mg	120		0	FLC	4		35	38	34

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 32g: 1 cup

Measure 3 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08034
Cereals ready-to-eat, POST, FRUITY PEBBLES

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	401		0	MC	9		120		
Energy	kJ	1678		0		9		503		
Protein	g	3.60		0	MC	9		1.08		
Total lipid (fat)	g	3.90		0	NR	4		1.17		
Ash	g	1.60		0	MC	9		0.48		
Carbohydrate, by difference	g	87.90		0	MC	9		26.37		
Fiber, total dietary	g	0.7		0	MC	9		0.2		
Sugars, total	g	44.00		0	MC	9		13.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	MC	9		2		
Iron, Fe	mg	6.00		0	LC	8		1.80		
Magnesium, Mg	mg	19		0	MC	9		6		
Phosphorus, P	mg	58		0	MC	9		17		
Potassium, K	mg	110		0	MC	9		33		
Sodium, Na	mg	584		0	MC	9		175		
* Zinc, Zn	mg	5.56		0	MC	9		1.67		
Copper, Cu	mg	0.120		0	MC	9		0.036		
Manganese, Mn	mg	0.609		0	FLC	4		0.183		
Selenium, Se	mcg	15.4		0	BFZN	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.250		0	LC	8		0.375		
* Riboflavin	mg	1.410		0	LC	8		0.423		
* Niacin	mg	16.700		0	LC	8		5.010		
Pantothenic acid	mg	0.562		0	FLC	4		0.169		
* Vitamin B-6	mg	1.850		0	MC	9		0.555		
* Folate, total	mcg	333		0	LC	8		100		
* Folic acid	mcg	314		0	NR	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Choline, total	mg	8.4		0	BFZN	4		2.5		
Betaine	mg									
* Vitamin B-12	mcg	5.56		0	MC	9		1.67		
* Vitamin B-12, added	mcg	5.00		0	LC	8		1.50		
Vitamin A, RAE	mcg_RAE	751		0	NC	4		225		
* Retinol	mcg	751		0	NR	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	2500		0	LC	8		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.38		0	FLM	4		0.41		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D (D2 + D3)	mcg	3.3		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	133		0	LC	8		40		
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.900		0	MC	9		0.270		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08034
Cereals ready-to-eat, POST, FRUITY PEBBLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.007		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.608		0	FLM	4		0.182		
17:0 ... g									
18:0 ... g	0.262		0	FLM	4		0.079		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.632		0	FLC	4		0.490		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.512		0	FLM	4		0.454		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.294		0	FLC	4		0.388		
18:2 undifferentiated ... g	1.148		0	FLM	4		0.345		
18:3 undifferentiated ... g	0.062		0	FLM	4		0.019		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08038
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00	0.121	4	A	1	C	1.74	3.45	
Energy	kcal	359		0	MC	9		208	413	
Energy	kJ	1502		0	MC	9		871	1727	
Protein	g	12.48	0.069	4	A	1	C	7.24	14.36	
Total lipid (fat)	g	1.85	0.152	4	A	1	C	1.07	2.13	
Ash	g	2.57	0.046	4	A	1	C	1.49	2.95	
Carbohydrate, by difference	g	80.10		0	NC	4		46.46	92.11	
Fiber, total dietary	g	8.8	0.895	4	A	1	C	5.1	10.1	
Sugars, total	g	12.61	0.431	4	A	1	C	7.32	14.51	
Sucrose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Glucose (dextrose)	g	1.34	0.091	4	A	1	C	0.78	1.54	
Fructose	g	0.84	0.028	4	A	1	C	0.49	0.97	
Lactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Maltose	g	10.43	0.325	4	A	1	C	6.05	11.99	
Galactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Starch	g	47.72	0.749	4	A	1	C	27.68	54.88	
Minerals:										
Calcium, Ca	mg	39	0.511	12	A	1	C	22	44	
* Iron, Fe	mg	38.06	1.163	12	A	1	C	22.07	43.77	
Magnesium, Mg	mg	103	1.217	12	A	1	C	60	119	
Phosphorus, P	mg	302	3.827	12	A	1	C	175	348	
Potassium, K	mg	338	4.611	12	A	1	C	196	389	
Sodium, Na	mg	547	2.539	12	A	1	C	317	628	
* Zinc, Zn	mg	5.55	0.182	12	A	1	C	3.22	6.39	
Copper, Cu	mg	0.375	0.007	12	A	1	C	0.217	0.431	
Manganese, Mn	mg	3.236	0.063	12	A	1	C	1.877	3.721	
Selenium, Se	mcg	9.1	0.607	12	A	1	C	5.3	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	D	0.0	0.0	
* Thiamin	mg	1.002	0.036	4	A	1	C	0.581	1.153	
* Riboflavin	mg	0.698	0.017	12	A	1	C	0.405	0.803	
* Niacin	mg	14.600	0.406	4	A	1	C	8.468	16.790	
Pantothenic acid	mg	0.872	0.016	4	A	1	C	0.506	1.003	
* Vitamin B-6	mg	2.400	0.108	4	A	1	C	1.392	2.760	
* Folate, total	mcg	488		0	NC	4		283	561	
* Folic acid	mcg	446	28.515	4	A	1	C	258	512	
Folate, food	mcg	42		0	FLA	4		25	49	
Folate, DFE	mcg_DFE	800		0	NC	4		464	920	
Choline, total	mg	27.2		0	FLA	4		15.8	31.3	
Betaine	mg									
* Vitamin B-12	mcg	6.33	0.214	4	A	1	C	3.67	7.27	
* Vitamin B-12, added	mcg	6.33		0	NR	4		3.67	7.27	
* Vitamin A, RAE	mcg_RAE	529		0	NC	4		307	608	
* Retinol	mcg	529	20.714	4	A	1	C	307	608	
Carotene, beta	mcg	4		0	FLA	4		2	5	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
* Vitamin A, IU	IU	1769		0	NC	4		1026	2034	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	173		0	FLA	4		101	199	
Vitamin E (alpha-tocopherol)	mg	0.64		0	FLA	4		0.37	0.74	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	MC	9		1.0	2.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08038
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	69		0	MC	9		40	79	
Vitamin K (phylloquinone).....mcg	1.5		0	FLA	4		0.9	1.7	
Lipids:									
Fatty acids, total saturated.....g	0.305		0	NC	4		0.177	0.351	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.004		1	A	1	D	0.002	0.005	
10:0.....g	0.017		1	A	1	D	0.010	0.020	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.003		1	A	1	D	0.002	0.003	
15:0.....g	0.002		1	A	1	D	0.001	0.002	
16:0.....g	0.252		1	A	1	D	0.146	0.290	
17:0.....g	0.002		1	A	1	D	0.001	0.002	
18:0.....g	0.020		1	A	1	D	0.012	0.023	
20:0.....g	0.002		1	A	1	D	0.001	0.002	
22:0.....g	0.003		1	A	1	D	0.002	0.003	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.261		0	NC	4		0.151	0.300	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.003		0	AS	1		0.002	0.003	
16:1 c.....g	0.003		1	A	1	D	0.002	0.003	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.001		1	A	1	D	0.001	0.001	
18:1 undifferentiated.....g	0.246		0	AS	1		0.143	0.283	
18:1 c.....g	0.242		1	A	1	D	0.140	0.278	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.004		1	A	1	D	0.002	0.005	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.009		1	A	1	D	0.005	0.010	
22:1 undifferentiated.....g	0.002		0	AS	1		0.001	0.002	
22:1 c.....g	0.002		1	A	1	D	0.001	0.002	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.871		0	NC	4		0.505	1.002	
18:2 undifferentiated.....g	0.808		0	AS	1		0.469	0.929	
18:2 n-6 c,c.....g	0.805		1	A	1	D	0.467	0.926	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003		1	A	1	D	0.002	0.003	
18:3 undifferentiated.....g	0.054		0	AS	1		0.031	0.062	
18:3 n-3 c,c,c (ALA).....g	0.054		1	A	1	D	0.031	0.062	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.001		1	A	1	D	0.001	0.001	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006		1	A	1	D	0.003	0.007	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.002		1	A	1	D	0.001	0.002	
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.007		0	NC	4		0.004	0.008	

NDB No. 08038
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4		0.002	0.005	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.002	0.003	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1		0.110	0.218	
Threonine.....g	0.390		0	A	1		0.226	0.448	
Isoleucine.....g	0.410		0	A	1		0.238	0.471	
Leucine.....g	0.850		0	A	1		0.493	0.977	
Lysine.....g	0.180		0	A	1		0.104	0.207	
Methionine.....g	0.150		0	A	1		0.087	0.172	
Cystine.....g	0.200		0	A	1		0.116	0.230	
Phenylalanine.....g	0.600		0	A	1		0.348	0.690	
Tyrosine.....g	0.300		0	A	1		0.174	0.345	
Valine.....g	0.530		0	A	1		0.307	0.609	
Arginine.....g	0.410		0	A	1		0.238	0.471	
Histidine.....g	0.290		0	A	1		0.168	0.333	
Alanine.....g	0.470		0	A	1		0.273	0.540	
Aspartic acid.....g	0.670		0	A	1		0.389	0.771	
Glutamic acid.....g	4.010		0	A	1		2.326	4.612	
Glycine.....g	0.520		0	A	1		0.302	0.598	
Proline.....g	1.010		0	A	1		0.586	1.161	
Serine.....g	0.610		0	A	1		0.354	0.701	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

Measure 2 = 115g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08330
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		0	MC	9		0.93		
Energy	kcal	365		0	MC	9		106		
Energy	kJ	1527		0		9		443		
Protein	g	10.00		0	MC	9		2.90		
Total lipid (fat)	g	2.90		0	NR	4		0.84		
Ash	g	2.40		0	MC	9		0.70		
Carbohydrate, by difference	g	81.50		0	MC	9		23.64		
Fiber, total dietary	g	8.8		0	MC	9		2.6		
Sugars, total	g	17.60		0	MC	9		5.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	MC	9		11		
Iron, Fe	mg	27.93		0	MC	9		8.10		
Magnesium, Mg	mg	103		0	MC	9		30		
Phosphorus, P	mg	302		0	MC	9		88		
Potassium, K	mg	340		0	MC	9		99		
Sodium, Na	mg	482		0	MC	9		140		
Zinc, Zn	mg	4.14		0	MC	9		1.20		
Copper, Cu	mg	0.500		0	MC	9		0.145		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290		0	MC	9		0.374		
Riboflavin	mg	1.470		0	MC	9		0.426		
Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.730		0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	5.17		0	MC	9		1.50		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2586		0	MC	9		750		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.5		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	138		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08330
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08331

Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		0	MC	9		3.07		
Energy	kcal	408		0	MC	9		216		
Energy	kJ	1707		0	NC	4		905		
Protein	g	9.30		0	MC	9		4.93		
Total lipid (fat)	g	11.80		0	NR	4		6.25		
Ash	g	2.00		0	MC	9		1.06		
Carbohydrate, by difference	g	71.40		0	MC	9		37.84		
Fiber, total dietary	g	7.0		0	MC	9		3.7		
Sugars, total	g	15.30		0	MC	9		8.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9		15		
Iron, Fe	mg	5.09		0	MC	9		2.70		
Magnesium, Mg	mg	87		0	MC	9		46		
Phosphorus, P	mg	223		0	MC	9		118		
Potassium, K	mg	321		0	MC	9		170		
Sodium, Na	mg	403		0	MC	9		214		
Zinc, Zn	mg	2.26		0	MC	9		1.20		
Copper, Cu	mg	0.338		0	MC	9		0.179		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.710		0	MC	9		0.376		
Riboflavin	mg	0.850		0	MC	9		0.451		
Niacin	mg	9.430		0	MC	9		4.998		
Pantothenic acid	mg									
Vitamin B-6	mg	0.940		0	MC	9		0.498		
Folate, total	mcg	189		0	MC	9		100		
Folic acid	mcg	170		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	308		0	NC	4		163		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.83		0	MC	9		1.50		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1415		0	MC	9		750		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.9		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	75		0	MC	9		40		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.742		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08331

Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08073
Cereals ready-to-eat, POST, Golden Crisp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.90		0	MC	9		0.78		
Energy....kcal	398		0	MC	9		107		
Energy....kJ	1665		0		9		450		
Protein....g	5.50		0	MC	9		1.49		
Total lipid (fat)....g	1.40		0	NR	4		0.38		
Ash....g	0.80		0	MC	9		0.22		
Carbohydrate, by difference....g	90.90		0	MC	9		24.54		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	53.90		0	MC	9		14.55		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	MC	9		4		
* Iron, Fe....mg	6.67		0	MC	9		1.80		
Magnesium, Mg....mg	61		0	MC	9		16		
Phosphorus, P....mg	136		0	MC	9		37		
Potassium, K....mg	125		0	MC	9		34		
Sodium, Na....mg	150		0	MC	9		41		
* Zinc, Zn....mg	5.56		0	MC	9		1.50		
Copper, Cu....mg	0.220		0	MC	9		0.059		
Manganese, Mn....mg	1.029		0	FLC	4		0.278		
Selenium, Se....mcg	48.6	0.979	5	A	1		13.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	1.390		0	MC	9		0.375		
* Riboflavin....mg	1.570		0	MC	9		0.424		
* Niacin....mg	18.520		0	MC	9		5.000		
Pantothenic acid....mg	0.256		0	FLC	4		0.069		
* Vitamin B-6....mg	1.850		0	MC	9		0.500		
* Folate, total....mcg	370		0	MC	9		100		
Folic acid....mcg	351		0	NC	4		95		
Folate, food....mcg	19		0	CAZN	4		5		
Folate, DFE....mcg_DFE	616		0	NC	4		166		
Choline, total....mg	20.0		0	BFZN	4		5.4		
Betaine....mg									
* Vitamin B-12....mcg	5.56		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.56		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	834		0	NC	4		225		
Retinol....mcg	834		0	NC	4		225		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	2778		0	MC	9		750		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.33		0	MC	9		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.7		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	148		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	0.4		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.200		0	MC	9		0.054		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08073
Cereals ready-to-eat, POST, Golden Crisp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.001		0	FLM	4		0.000		
15:0 ... g									
16:0 ... g	0.152		0	FLM	4		0.041		
17:0 ... g									
18:0 ... g	0.047		0	FLM	4		0.013		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.450		0	FLM	4		0.121		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.446		0	FLM	4		0.120		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.553		0	FLM	4		0.149		
18:2 undifferentiated ... g	0.518		0	FLM	4		0.140		
18:3 undifferentiated ... g	0.035		0	FLM	4		0.010		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42265

Cereals ready-to-eat, POST, Great Grains, Raisin, Date & Pecan

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.70		0	MC	9		4.70		
Energy....kcal	377		0	MC	9		204		
Energy....kJ	1577		0	MC	9		852		
Protein....g	8.00		0	MC	9		4.32		
Total lipid (fat)....g	8.40		0	NR	4		4.54		
Ash....g	1.90		0	MC	9		1.03		
Carbohydrate, by difference....g	73.20		0	MC	9		39.53		
Fiber, total dietary....g	7.4		0	MC	9		4.0		
Sugars, total....g	24.60		0	MC	9		13.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		17		
Iron, Fe....mg	6.67		0	MC	9		3.60		
Magnesium, Mg....mg	84		0	MC	9		45		
Phosphorus, P....mg	197		0	MC	9		106		
Potassium, K....mg	326		0	MC	9		176		
Sodium, Na....mg	288		0	MC	9		156		
* Zinc, Zn....mg	2.22		0	MC	9		1.20		
Copper, Cu....mg	0.308		0	MC	9		0.166		
Manganese, Mn....mg	1.863		0	FLC	4		1.006		
Selenium, Se....mcg	14.1		0	RA	4		7.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.1		
* Thiamin....mg	0.700		0	MC	9		0.378		
* Riboflavin....mg	0.790		0	MC	9		0.427		
* Niacin....mg	9.260		0	MC	9		5.000		
Pantothenic acid....mg	0.623		0	FLC	4		0.336		
* Vitamin B-6....mg	0.930		0	MC	9		0.502		
* Folate, total....mcg	185		0	MC	9		100		
Folic acid....mcg	166		0	NC	4		90		
Folate, food....mcg	19		0	CAZN	4		10		
Folate, DFE....mcg_DFE	301		0	NC	4		163		
Choline, total....mg	13.4		0	BFZN	4		7.2		
Betaine....mg									
* Vitamin B-12....mcg	2.78		0	MC	9		1.50		
* Vitamin B-12, added....mcg	2.78		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	417		0	NC	4		225		
Retinol....mcg	417		0	NC	4		225		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
* Vitamin A, IU....IU	1389		0	MC	9		750		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.62		0	MC	9		0.33		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.9		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	74		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	2.1		0	FLM	4		1.1		
Lipids:									
Fatty acids, total saturated....g	1.100		0	MC	9		0.594		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 42265

Cereals ready-to-eat, POST, Great Grains, Raisin, Date & Pecan

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.004		0	FLM	4		0.002		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.005		0	FLM	4		0.003		
13:0 g	0.000		0	FLM	4		0.000		
14:0 g	0.004		0	FLM	4		0.002		
15:0 g	0.000		0	FLM	4		0.000		
16:0 g	0.755		0	FLM	4		0.408		
17:0 g	0.000		0	FLM	4		0.000		
18:0 g	0.251		0	FLM	4		0.136		
20:0 g	0.003		0	FLM	4		0.002		
22:0 g	0.000		0	FLM	4		0.000		
24:0 g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated g	3.664		0	FLM	4		1.979		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g	0.000		0	FLM	4		0.000		
16:1 undifferentiated g	0.018		0	FLM	4		0.010		
17:1 g	0.000		0	FLM	4		0.000		
18:1 undifferentiated g	3.638		0	FLM	4		1.965		
20:1 g	0.008		0	FLM	4		0.004		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated g	2.953		0	FLM	4		1.595		
18:2 undifferentiated g	2.874		0	FLM	4		1.552		
18:3 undifferentiated g	0.079		0	FLM	4		0.043		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43570

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40	0.081	4	A	1	C	1.02	1.67	
Energy	kcal	394		0	MC	9		118	193	
Energy	kJ	1647		0	MC	9		494	807	
Protein	g	7.33	0.030	4	A	1	C	2.20	3.59	
Total lipid (fat)	g	4.25	0.847	3	A	1	C	1.28	2.08	
Ash	g	2.16	0.032	4	A	1	C	0.65	1.06	
Carbohydrate, by difference	g	82.86		0	NC	4		24.86	40.60	
Fiber, total dietary	g	4.8	0.175	4	A	1	C	1.4	2.3	
Sugars, total	g	24.66	0.495	4	A	1	C	7.40	12.08	
Sucrose	g	15.63	0.323	4	A	1	C	4.69	7.66	
Glucose (dextrose)	g	0.87	0.092	4	A	1	C	0.26	0.43	
Fructose	g	0.52	0.029	4	A	1	C	0.16	0.26	
Lactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Maltose	g	7.64	0.392	4	A	1	C	2.29	3.74	
Galactose	g	0.00	0.000	4	A	1	C	0.00	0.00	
Starch	g	51.27	0.658	4	A	1	C	15.38	25.12	
Minerals:										
Calcium, Ca	mg	23	0.642	12	A	1	B	7	11	
Iron, Fe	mg	34.29	1.476	12	A	1	B	10.29	16.80	
Magnesium, Mg	mg	47	0.750	12	A	1	B	14	23	
Phosphorus, P	mg	155	2.696	12	A	1	B	47	76	
Potassium, K	mg	185	2.227	12	A	1	B	55	91	
Sodium, Na	mg	601	19.704	12	A	1	B	180	294	
Zinc, Zn	mg	2.50	0.082	12	A	1	B	0.75	1.23	
Copper, Cu	mg	0.163	0.004	12	A	1	B	0.049	0.080	
Manganese, Mn	mg	1.030	0.025	12	A	1	B	0.309	0.505	
Selenium, Se	mcg	8.3	0.289	12	A	1	B	2.5	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	C	0.0	0.0	
* Thiamin	mg	1.908	0.051	4	A	1	C	0.572	0.935	
* Riboflavin	mg	1.718	0.038	11	A	1	B	0.515	0.842	
* Niacin	mg	25.500	2.235	4	A	1	C	7.650	12.495	
Pantothenic acid	mg	0.607	0.031	4	A	1	C	0.182	0.298	
* Vitamin B-6	mg	2.675	0.085	4	A	1	C	0.802	1.311	
* Folate, total	mcg	815		0	NC	4		245	399	
* Folic acid	mcg	798	12.106	4	A	1	C	239	391	
Folate, food	mcg	17		0	FLA	4		5	8	
Folate, DFE	mcg_DFE	1374		0	NC	4		412	673	
Choline, total	mg	13.4		0	AS	1		4.0	6.6	
Betaine	mg	22.0		1	A	1		6.6	10.8	
* Vitamin B-12	mcg	10.17	0.646	4	A	1	C	3.05	4.99	
* Vitamin B-12, added	mcg	10.15		0	NR	4		3.05	4.97	
Vitamin A, RAE	mcg_RAE	929		0	AS	1		279	455	
* Retinol	mcg	929	98.798	4	A	1	C	279	455	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
* Vitamin A, IU	IU	3096		0	AS	1		929	1517	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.48		0	FLA	4		0.44	0.73	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	LC	8		1.0	1.6	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 43570

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	133		0	LC	8		40	65	
Vitamin K (phylloquinone).....mcg	0.6		0	FLA	4		0.2	0.3	
Lipids:									
Fatty acids, total saturated.....g	0.374		0	NC	4		0.112	0.183	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		1	A	1	C	0.000	0.000	
8:0.....g	0.008		1	A	1	C	0.002	0.004	
10:0.....g	0.009		1	A	1	C	0.003	0.005	
12:0.....g	0.007		1	A	1	C	0.002	0.003	
13:0.....g									
14:0.....g	0.006		1	A	1	C	0.002	0.003	
15:0.....g	0.001		1	A	1	C	0.000	0.001	
16:0.....g	0.247		1	A	1	C	0.074	0.121	
17:0.....g	0.002		1	A	1	C	0.001	0.001	
18:0.....g	0.063		1	A	1	C	0.019	0.031	
20:0.....g	0.018		1	A	1	C	0.005	0.009	
22:0.....g	0.012		1	A	1	C	0.003	0.006	
24:0.....g	0.000		1	A	1	C	0.000	0.000	
Fatty acids, total monounsaturated.....g	1.901		0	NC	4		0.570	0.931	
14:1.....g	0.000		1	A	1	C	0.000	0.000	
15:1.....g	0.000		1	A	1	C	0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.002	0.003	
16:1 c.....g	0.007		1	A	1	C	0.002	0.003	
16:1 t.....g	0.000		1	A	1	C	0.000	0.000	
17:1.....g	0.002		1	A	1	C	0.001	0.001	
18:1 undifferentiated.....g	1.845		0	AS	1		0.554	0.904	
18:1 c.....g	1.843		1	A	1	C	0.553	0.903	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.002		1	A	1	C	0.001	0.001	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.044		1	A	1	C	0.013	0.022	
22:1 undifferentiated.....g	0.002		0	AS	1		0.001	0.001	
22:1 c.....g	0.002		1	A	1	C	0.001	0.001	
22:1 t.....g	0.000		1	A	1	C	0.000	0.000	
24:1 c.....g	0.000		1	A	1	C	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.215		0	NC	4		0.364	0.595	
18:2 undifferentiated.....g	1.103		0	AS	1		0.331	0.540	
18:2 n-6 c,c.....g	1.094		1	A	1	C	0.328	0.536	
18:2 CLAs.....g	0.001		1	A	1	C	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008		1	A	1	C	0.002	0.004	
18:3 undifferentiated.....g	0.101		0	AS	1		0.030	0.049	
18:3 n-3 c,c,c (ALA).....g	0.101		1	A	1	C	0.030	0.049	
18:3 n-6 c,c,c.....g	0.000		1	A	1	C	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	C	0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1	C	0.001	0.001	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	C	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	C	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	C	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006		1	A	1	C	0.002	0.003	
21:5.....g									
22:4.....g	0.000		1	A	1	C	0.000	0.000	
22:5 n-3 (DPA).....g	0.001		1	A	1	C	0.000	0.000	
22:6 n-3 (DHA).....g	0.001		1	A	1	C	0.000	0.000	
Fatty acids, total trans.....g	0.010		0	NC	4		0.003	0.005	

NDB No. 43570

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.001	0.001	
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.002	0.004	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.027	0.044	
Threonine.....g	0.240		0	A	1		0.072	0.118	
Isoleucine.....g	0.260		0	A	1		0.078	0.127	
Leucine.....g	0.800		0	A	1		0.240	0.392	
Lysine.....g	0.120		0	A	1		0.036	0.059	
Methionine.....g	0.100		0	A	1		0.030	0.049	
Cystine.....g	0.110		0	A	1		0.033	0.054	
Phenylalanine.....g	0.390		0	A	1		0.117	0.191	
Tyrosine.....g	0.210		0	A	1		0.063	0.103	
Valine.....g	0.340		0	A	1		0.102	0.167	
Arginine.....g	0.240		0	A	1		0.072	0.118	
Histidine.....g	0.180		0	A	1		0.054	0.088	
Alanine.....g	0.460		0	A	1		0.138	0.225	
Aspartic acid.....g	0.480		0	A	1		0.144	0.235	
Glutamic acid.....g	1.890		0	A	1		0.567	0.926	
Glycine.....g	0.270		0	A	1		0.081	0.132	
Proline.....g	0.490		0	A	1		0.147	0.240	
Serine.....g	0.380		0	A	1		0.114	0.186	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 49g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42240
Cereals ready-to-eat, POST, Honey Bunches of Oats, with almonds

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	407		0	MC	9		126		
Energy	kJ	1703		0	MC	9		528		
Protein	g	7.80		0	MC	9		2.42		
Total lipid (fat)	g	8.50		0	NR	4		2.64		
Ash	g	2.30		0	MC	9		0.71		
Carbohydrate, by difference	g	78.00		0	MC	9		24.18		
Fiber, total dietary	g	4.5		0	MC	9		1.4		
Sugars, total	g	21.00		0	MC	9		6.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0	MC	9		11		
* Iron, Fe	mg	26.13		0	MC	9		8.10		
Magnesium, Mg	mg	69		0	MC	9		21		
Phosphorus, P	mg	192		0	MC	9		60		
Potassium, K	mg	227		0	MC	9		70		
Sodium, Na	mg	603		0	MC	9		187		
Zinc, Zn	mg	0.97		0	MC	9		0.30		
Copper, Cu	mg	0.224		0	MC	9		0.069		
Manganese, Mn	mg	1.524		0	FLC	4		0.472		
Selenium, Se	mcg	12.0		0	BFZN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	1.210		0	MC	9		0.375		
* Riboflavin	mg	1.370		0	MC	9		0.425		
* Niacin	mg	16.130		0	MC	9		5.000		
Pantothenic acid	mg	0.605		0	FLC	4		0.188		
* Vitamin B-6	mg	1.610		0	MC	9		0.499		
* Folate, total	mcg	323		0	MC	9		100		
Folic acid	mcg	304		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	536		0	NC	4		166		
Choline, total	mg	23.0		0	BFZN	4		7.1		
Betaine	mg									
* Vitamin B-12	mcg	4.84		0	MC	9		1.50		
* Vitamin B-12, added	mcg	4.84		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	726		0	NC	4		225		
Retinol	mcg	726		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	2419		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.49		0	MC	9		0.46		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	129		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	1.100		0	MC	9		0.341		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 42240

Cereals ready-to-eat, POST, Honey Bunches of Oats, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.004		0	FLM	4		0.001		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.002		0	FLM	4		0.001		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.003		0	FLM	4		0.001		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.815		0	FLM	4		0.253		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.217		0	FLM	4		0.067		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	4.176		0	FLC	4		1.295		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.027		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	4.007		0	FLM	4		1.242		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	2.737		0	FLM	4		0.848		
18:2 undifferentiated ... g	2.699		0	FLM	4		0.837		
18:3 undifferentiated ... g	0.038		0	FLM	4		0.012		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08081
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.82		0	FLC	4		1.99		
Energy	kcal	385		0	LC	8		200		
Energy	kJ	1611		0	NC	4		838		
Protein	g	9.82		0	LC	8		5.11		
Total lipid (fat)	g	3.77		0	LC	8		1.96		
Ash	g	1.37		0	FLC	4		0.71		
Carbohydrate, by difference	g	81.22		0	LC	8		42.23		
Fiber, total dietary	g	7.7		0	LC	8		4.0		
Sugars, total	g	23.08		0	LC	8		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	FLC	4		14		
Iron, Fe	mg	3.46		0	LC	8		1.80		
Magnesium, Mg	mg	89		0	FLC	4		46		
Phosphorus, P	mg	237		0	FLC	4		123		
Potassium, K	mg	253		0	FLC	4		132		
Sodium, Na	mg	22		0	FLC	4		11		
Zinc, Zn	mg	2.18		0	FLC	4		1.13		
Copper, Cu	mg	0.311		0	FLC	4		0.162		
Manganese, Mn	mg	2.851		0	FLC	4		1.483		
Selenium, Se	mcg	40.9		0	FLC	4		21.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.721		0	LC	8		0.375		
Riboflavin	mg	0.817		0	LC	8		0.425		
Niacin	mg	9.615		0	LC	8		5.000		
Pantothenic acid	mg	0.615		0	FLC	4		0.320		
Vitamin B-6	mg	0.962		0	LC	8		0.500		
Folate, total	mcg	192		0	LC	8		100		
* Folic acid	mcg	150		0	NC	4		78		
Folate, food	mcg	42		0	BFZN	4		22		
Folate, DFE	mcg_DFE	297		0	NC	4		154		
Choline, total	mg	20.0		0	BFPN	4		10.4		
Betaine	mg									
* Vitamin B-12	mcg	2.88		0	LC	8		1.50		
* Vitamin B-12, added	mcg	2.88		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	FLC	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.80		0	NR	4		0.94		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.5		0	BFZN	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.469		0	FLC	4		0.244		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 08081
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.016		0	FLC	4		0.008		
15:0 ... g									
16:0 ... g	0.380		0	FLC	4		0.198		
17:0 ... g									
18:0 ... g	0.057		0	FLC	4		0.030		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.759		0	FLC	4		0.915		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.050		0	FLC	4		0.026		
17:1 ... g									
18:1 undifferentiated ... g	1.695		0	FLC	4		0.881		
20:1 ... g	0.002		0	FLC	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.196		0	FLC	4		0.622		
18:2 undifferentiated ... g	1.121		0	FLC	4		0.583		
18:3 undifferentiated ... g	0.070		0	FLC	4		0.036		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08046
Cereals ready-to-eat, POST, Honeycomb Cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	395		0	MC	9		115		
Energy	kJ	1653		0		9		479		
Protein	g	5.20		0	MC	9		1.51		
Total lipid (fat)	g	2.10		0	NR	4		0.61		
Ash	g	2.20		0	MC	9		0.64		
Carbohydrate, by difference	g	88.90		0	MC	9		25.78		
Fiber, total dietary	g	2.5		0	MC	9		0.7		
Sugars, total	g	38.30		0	MC	9		11.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MC	9		5		
* Iron, Fe	mg	9.31		0	MC	9		2.70		
Magnesium, Mg	mg	37		0	MC	9		11		
Phosphorus, P	mg	93		0	MC	9		27		
Potassium, K	mg	120		0	MC	9		35		
Sodium, Na	mg	743		0	MC	9		215		
* Zinc, Zn	mg	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.068		0	MC	9		0.020		
Manganese, Mn	mg	0.152		0	FLC	4		0.044		
Selenium, Se	mcg	20.1		0	RA	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.290		0	MC	9		0.374		
* Riboflavin	mg	1.470		0	MC	9		0.426		
* Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg	0.198		0	FLC	4		0.057		
* Vitamin B-6	mg	1.730		0	MC	9		0.502		
* Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Choline, total	mg	14.4		0	BFZN	4		4.2		
Betaine	mg									
* Vitamin B-12	mcg	5.17		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.17		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	748		0	NC	4		217		
Retinol	mcg	742		0	FLM	4		215		
Carotene, beta	mcg	50		0	FLM	4		14		
Carotene, alpha	mcg	32		0	FLM	4		9		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
* Vitamin A, IU	IU	2583		0	FLM	4		749		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	721		0	FLM	4		209		
Vitamin E (alpha-tocopherol)	mg	0.19		0	FLM	4		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.5		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	138		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	0.7		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08046
Cereals ready-to-eat, POST, Honeycomb Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.009		0	FLM	4		0.003		
13:0 ... g									
14:0 ... g	0.005		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	0.503		0	FLM	4		0.146		
17:0 ... g									
18:0 ... g	0.048		0	FLM	4		0.014		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.490		0	FLC	4		0.142		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.463		0	FLM	4		0.134		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.690		0	FLC	4		0.200		
18:2 undifferentiated ... g	0.678		0	FLM	4		0.197		
18:3 undifferentiated ... g	0.027		0	FLM	4		0.008		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08140
Cereals ready-to-eat, POST, OREO O's Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.68		
Energy....kcal	415		0	MC	9		112		
Energy....kJ	1736		0		9		469		
Protein....g	4.80		0	MC	9		1.30		
Total lipid (fat)....g	8.80		0	MC	9		2.38		
Ash....g	2.00		0	MC	9		0.54		
Carbohydrate, by difference....g	81.90		0	MC	9		22.11		
Fiber, total dietary....g	5.5		0	MC	9		1.5		
Sugars, total....g	47.00		0	BFZN	4		12.69		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	MC	9		5		
* Iron, Fe....mg	6.67		0	MC	9		1.80		
Magnesium, Mg....mg	55		0	MC	9		15		
Phosphorus, P....mg	119		0	MC	9		32		
Potassium, K....mg	183		0	MC	9		49		
Sodium, Na....mg	475		0	MC	9		128		
* Zinc, Zn....mg	5.56		0	MC	9		1.50		
Copper, Cu....mg	0.300		0	MC	9		0.081		
Manganese, Mn....mg									
Selenium, Se....mcg	15.2		0	FLM	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0		
* Thiamin....mg	1.390		0	MC	9		0.375		
* Riboflavin....mg	1.570		0	MC	9		0.424		
* Niacin....mg	18.520		0	MC	9		5.000		
Pantothenic acid....mg									
* Vitamin B-6....mg	1.850		0	MC	9		0.500		
* Folate, total....mcg	370		0	MC	9		100		
Folic acid....mcg	351		0	NC	4		95		
Folate, food....mcg	19		0	BFZN	4		5		
Folate, DFE....mcg_DFE	616		0	NC	4		166		
Choline, total....mg	9.9		0	BFZN	4		2.7		
Betaine....mg									
* Vitamin B-12....mcg	5.56		0	MC	9		1.50		
* Vitamin B-12, added....mcg	5.56		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	834		0	NC	4		225		
Retinol....mcg	834		0	NC	4		225		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
* Vitamin A, IU....IU	2778		0	MC	9		750		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	1.57		0	NR	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.6		0	BFZN	4		0.2		
Lipids:									
Fatty acids, total saturated....g	1.600		0	MC	9		0.432		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08140
Cereals ready-to-eat, POST, OREO O's Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.005		0	FLM	4		0.001		
10:0 ... g	0.001		0	FLM	4		0.000		
12:0 ... g	0.013		0	FLM	4		0.004		
13:0 ... g									
14:0 ... g	0.013		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.974		0	FLM	4		0.263		
17:0 ... g									
18:0 ... g	0.402		0	FLM	4		0.109		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.346		0	FLM	4		0.903		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.030		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	3.316		0	FLM	4		0.895		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.304		0	FLM	4		0.892		
18:2 undifferentiated ... g	3.093		0	FLM	4		0.835		
18:3 undifferentiated ... g	0.204		0	FLM	4		0.055		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	3		0	FLM	4		1		
Theobromine ... mg	24		0	FLM	4		6		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43393

Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		0	MC	9		2.48		
Energy....kcal	334		0	MC	9		184		
Energy....kJ	1397		0	MC	9		769		
Protein....g	12.50		0	MC	9		6.88		
Total lipid (fat)....g	1.40		0	NR	4		0.77		
Ash....g	1.70		0	MC	9		0.94		
Carbohydrate, by difference....g	79.90		0	MC	9		43.95		
Fiber, total dietary....g	13.4		0	MC	9		7.4		
Sugars, total....g	1.00		0	MC	9		0.55		
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0	MC	9		25		
* Iron, Fe....mg	4.18		0	MC	9		2.30		
Magnesium, Mg....mg	137		0	MC	9		75		
Phosphorus, P....mg	398		0	MC	9		219		
Potassium, K....mg	420		0	MC	9		231		
Sodium, Na....mg	5		0	MC	9		3		
Zinc, Zn....mg	3.27		0	MC	9		1.80		
Copper, Cu....mg	0.400		0	MC	9		0.220		
Manganese, Mn....mg	3.237		0	FLM	4		1.780		
Selenium, Se....mcg	8.2		0	RA	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.260		0	MC	9		0.143		
Riboflavin....mg	0.120		0	MC	9		0.066		
Niacin....mg	6.310		0	MC	9		3.471		
Pantothenic acid....mg	0.913		0	FLM	4		0.502		
Vitamin B-6....mg	0.330		0	MC	9		0.182		
* Folate, total....mcg	46		0	MC	9		25		
Folic acid....mcg	0		0	NC	4		0		
Folate, food....mcg	46		0	CAZN	4		25		
Folate, DFE....mcg_DFE	46		0	NC	4		25		
Choline, total....mg	23.1		0	BFZN	4		12.7		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NC	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	2.32		0	MC	9		1.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg	1.3		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated....g	0.200		0	MC	9		0.110		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 43393

Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.006		0	FLM	4		0.003		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.001		0	FLM	4		0.001		
15:0....g									
16:0....g	0.176		0	FLM	4		0.097		
17:0....g									
18:0....g	0.010		0	FLM	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.173		0	FLM	4		0.095		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLM	4		0.004		
17:1....g									
18:1 undifferentiated....g	0.166		0	FLM	4		0.091		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.634		0	FLM	4		0.349		
18:2 undifferentiated....g	0.598		0	FLM	4		0.329		
18:3 undifferentiated....g	0.035		0	FLM	4		0.019		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08191
Cereals ready-to-eat, POST, Shredded Wheat, bite-size

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.12		
Energy	kcal	352		0	MC	9		183		
Energy	kJ	1473		0		9		766		
Protein	g	7.80		0	MC	9		4.06		
Total lipid (fat)	g	1.90		0	NR	4		0.99		
Ash	g	1.10		0	MC	9		0.57		
Carbohydrate, by difference	g	83.80		0	MC	9		43.58		
Fiber, total dietary	g	9.6		0	MC	9		5.0		
Sugars, total	g	22.30		0	MC	9		11.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	MC	9		7		
* Iron, Fe	mg	3.46		0	MC	9		1.80		
Magnesium, Mg	mg	93		0	MC	9		48		
Phosphorus, P	mg	276		0	MC	9		144		
Potassium, K	mg	327		0	MC	9		170		
Sodium, Na	mg	19		0	MC	9		10		
* Zinc, Zn	mg	2.88		0	MC	9		1.50		
Copper, Cu	mg	0.173		0	MC	9		0.090		
Manganese, Mn	mg	4.198		0	FLM	4		2.183		
Selenium, Se	mcg	4.1		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.720		0	MC	9		0.374		
* Riboflavin	mg	0.820		0	MC	9		0.426		
* Niacin	mg	9.620		0	MC	9		5.002		
Pantothenic acid	mg	0.883		0	FLM	4		0.459		
* Vitamin B-6	mg	0.960		0	MC	9		0.499		
* Folate, total	mcg	192		0	MC	9		100		
Folic acid	mcg	173		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	313		0	NC	4		163		
Choline, total	mg	20.0		0	BFZN	4		10.4		
Betaine	mg									
* Vitamin B-12	mcg	2.88		0	MC	9		1.50		
* Vitamin B-12, added	mcg	2.88		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.32		0	MC	9		0.16		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.156		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08191
Cereals ready-to-eat, POST, Shredded Wheat, bite-size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0	FLM	4		0.000		
8:0 ....g	0.006		0	FLM	4		0.003		
10:0 ....g	0.000		0	FLM	4		0.000		
12:0 ....g	0.001		0	FLM	4		0.000		
13:0 ....g									
14:0 ....g	0.003		0	FLM	4		0.002		
15:0 ....g									
16:0 ....g	0.261		0	FLM	4		0.136		
17:0 ....g									
18:0 ....g	0.017		0	FLM	4		0.009		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.271		0	FLM	4		0.141		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.009		0	FLM	4		0.005		
17:1 ....g									
18:1 undifferentiated ....g	0.262		0	FLM	4		0.136		
20:1 ....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ....g	0.000		0	FLM	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.925		0	FLM	4		0.481		
18:2 undifferentiated ....g	0.860		0	FLM	4		0.447		
18:3 undifferentiated ....g	0.063		0	FLM	4		0.033		
18:4 ....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA) ....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	MC	9		0		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7		0.0		
Caffeine ....mg	0		0	FLM	4		0		
Theobromine ....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08148
Cereals ready-to-eat, POST, Shredded Wheat, spoon-size

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10		0	MC	9		2.01	1.03	
Energy	kcal	340		0	MC	9		167	85	
Energy	kJ	1423		0	MC	9		697	356	
Protein	g	10.30		0	MC	9		5.05	2.58	
Total lipid (fat)	g	1.10		0	NR	4		0.54	0.28	
Ash	g	1.60		0	MC	9		0.78	0.40	
Carbohydrate, by difference	g	83.00		0	MC	9		40.67	20.75	
Fiber, total dietary	g	11.4		0	MC	9		5.6	2.9	
Sugars, total	g	0.90		0	MC	9		0.44	0.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		21	11	
Iron, Fe	mg	3.18		0	MC	9		1.56	0.80	
Magnesium, Mg	mg	116		0	MC	9		57	29	
Phosphorus, P	mg	357		0	MC	9		175	89	
Potassium, K	mg	415		0	MC	9		203	104	
Sodium, Na	mg	7		0	MC	9		3	2	
Zinc, Zn	mg	2.67		0	MC	9		1.31	0.67	
Copper, Cu	mg	0.330		0	MC	9		0.162	0.083	
Manganese, Mn	mg	3.993		0	FLC	4		1.957	0.998	
Selenium, Se	mcg	5.9	0.922	17	A	1		2.9	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.270		0	MC	9		0.132	0.068	
Riboflavin	mg	0.120		0	MC	9		0.059	0.030	
Niacin	mg	5.570		0	MC	9		2.729	1.393	
Pantothenic acid	mg	0.997		0	FLC	4		0.489	0.249	
Vitamin B-6	mg	0.410		0	MC	9		0.201	0.103	
Folate, total	mcg	42		0	MC	9		21	11	
Folic acid	mcg	0		0	NC	4		0	0	
Folate, food	mcg	42		0	CAZN	4		21	11	
Folate, DFE	mcg_DFE	42		0	NC	4		21	11	
Choline, total	mg	23.1		0	BFZN	4		11.3	5.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NC	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	MC	9		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.7	0.4	
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.098	0.050	
4:0	g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08148

Cereals ready-to-eat, POST, Shredded Wheat, spoon-size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.011		0	FLM	4		0.005	0.003	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.002		0	FLM	4		0.001	0.000	
15:0 ... g									
16:0 ... g	0.169		0	FLM	4		0.083	0.042	
17:0 ... g									
18:0 ... g	0.009		0	FLM	4		0.005	0.002	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.119		0	FLC	4		0.058	0.030	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.007		0	FLM	4		0.004	0.002	
17:1 ... g									
18:1 undifferentiated ... g	0.129		0	FLM	4		0.063	0.032	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.439		0	FLC	4		0.215	0.110	
18:2 undifferentiated ... g	0.428		0	FLM	4		0.210	0.107	
18:3 undifferentiated ... g	0.022		0	FLM	4		0.011	0.005	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.001	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	FLC	4		0	0	
Theobromine ... mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

Measure 2 = 25g: 1 box, single serving (.875 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08388

Cereals ready-to-eat, Puffed KASHI

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.57		
Energy	kcal	394		0	MC	9		75		
Energy	kJ	1648		0	MC	9		313		
Protein (N x 6.25)	g	12.00		0	MC	9		2.28		
Total lipid (fat)	g	2.90		0	MC	9		0.55		
Ash	g	2.10		0	MC	9		0.40		
Carbohydrate, by difference	g	80.00		0	MC	9		15.20		
Fiber, total dietary	g	6.8		0	MC	9		1.3		
Sugars, total	g	3.20		0	MC	9		0.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	FLM	4		8		
Iron, Fe	mg	2.80		0	MC	9		0.53		
Magnesium, Mg	mg	154		0	FLM	4		29		
Phosphorus, P	mg	240		1	MC	9		46		
Potassium, K	mg	333		0	MC	9		63		
Sodium, Na	mg	10		0	MC	9		2		
Zinc, Zn	mg	3.03		0	FLM	4		0.58		
Copper, Cu	mg	0.455		0	FLM	4		0.086		
Manganese, Mn	mg	3.400		0	FLM	4		0.646		
Selenium, Se	mcg	35.9		0	FLM	4		6.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	0.120		1	MC	9		0.023		
Riboflavin	mg	0.140		0	MC	9		0.027		
Niacin	mg	3.200		1	MC	9		0.608		
Pantothenic acid	mg	1.155		0	FLM	4		0.220		
Vitamin B-6	mg	0.330		0	FLM	4		0.063		
Folate, total	mcg	32		0	FLM	4		6		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	32		0	FLM	4		6		
Folate, DFE	mcg_DFE	32		0	NC	4		6		
Choline, total	mg	33.4		0	FLM	4		6.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	3		0	FLM	4		1		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	6		0	FLM	4		1		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	134		0	FLM	4		25		
Vitamin E (alpha-tocopherol)	mg	0.91		0	FLM	4		0.17		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.1		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.114		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08388
Cereals ready-to-eat, Puffed KASHI

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.010		0	FLM	4		0.002		
10:0....g	0.002		0	FLM	4		0.000		
12:0....g	0.007		0	FLM	4		0.001		
13:0....g									
14:0....g	0.010		0	FLM	4		0.002		
15:0....g									
16:0....g	0.481		0	FLM	4		0.091		
17:0....g									
18:0....g	0.047		0	FLM	4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.800		0	MC	9		0.152		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLM	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.778		0	FLM	4		0.148		
20:1....g	0.004		0	FLM	4		0.001		
22:1 undifferentiated....g	0.001		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.247		
18:2 undifferentiated....g	1.222		0	FLM	4		0.232		
18:3 undifferentiated....g	0.078		0	FLM	4		0.015		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08054

Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.21		1	MC	9		1.06		
Energy	kcal	429		1	MC	9		206		
Energy	kJ	1793		0	MC	9		861		
Protein (N x 6.25)	g	10.38		1	MC	9		4.98		
Total lipid (fat)	g	12.86		1	MC	9		6.17		
Ash	g	1.91		1	MC	9		0.92		
Carbohydrate, by difference	g	72.64		1	MC	9		34.87		
Fiber, total dietary	g	6.9		1	MC	9		3.3		
Sugars, total	g	25.79		1	MC	9		12.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1	MC	9		56		
Iron, Fe	mg	2.69		1	MC	9		1.29		
Magnesium, Mg	mg	112		1	MC	9		54		
Phosphorus, P	mg	366		1	MC	9		176		
Potassium, K	mg	463		1	MC	9		222		
Sodium, Na	mg	50		1	MC	9		24		
Zinc, Zn	mg	2.71		1	MC	9		1.30		
Copper, Cu	mg	0.360		1	MC	9		0.173		
Manganese, Mn	mg	2.640		1	MC	9		1.267		
Selenium, Se	mcg	2.0		1	MC	9		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	MC	9		0.1		
Thiamin	mg	0.380		1	MC	9		0.182		
Riboflavin	mg	0.280		1	MC	9		0.134		
Niacin	mg	2.170		1	MC	9		1.042		
Pantothenic acid	mg	0.910		1	MC	9		0.437		
Vitamin B-6	mg	0.210		1	MC	9		0.101		
Folate, total	mcg	35		1	MC	9		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	35		1	MC	9		17		
Folate, DFE	mcg_DFE	35		0	NC	4		17		
Choline, total	mg	35.4		0	FLM	4		17.0		
Betaine	mg									
Vitamin B-12	mcg	0.24		1	MC	9		0.12		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	2		0	FLM	4		1		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	7		1	MC	9		3		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	112		0	FLM	4		54		
Vitamin E (alpha-tocopherol)	mg	1.63		1	MC	9		0.78		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		1	MC	9		0		
Vitamin K (phylloquinone)	mcg	1.3		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	7.940		1	MC	9		3.811		

NDB No. 08054
Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.003		0	FLM	4		0.001		
6:0 g	0.049		0	FLM	4		0.023		
8:0 g	0.609		0	FLM	4		0.293		
10:0 g	0.483		0	FLM	4		0.232		
12:0 g	3.589		0	FLM	4		1.723		
13:0 g									
14:0 g	1.360		0	FLM	4		0.653		
15:0 g									
16:0 g	1.412		0	FLM	4		0.678		
17:0 g									
18:0 g	0.400		0	FLM	4		0.192		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.640		1	MC	9		1.267		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.017		0	FLM	4		0.008		
17:1 g									
18:1 undifferentiated g	2.622		0	FLM	4		1.259		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated g	1.690		1	MC	9		0.811		
18:2 undifferentiated g	1.664		0	FLM	4		0.799		
18:3 undifferentiated g	0.025		0	FLM	4		0.012		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000		1	MC	9		0.000		
Cholesterol mg	1		1	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08010

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		1	MC	9		0.68		
Energy ... kcal	402		1	MC	9		108		
Energy ... kJ	1681		0	MC	9		454		
Protein (N x 6.25) ... g	4.37		1	MC	9		1.18		
Total lipid (fat) ... g	5.89		1	MC	9		1.59		
Ash ... g	2.46		1	MC	9		0.66		
Carbohydrate, by difference ... g	84.78		1	MC	9		22.89		
Fiber, total dietary ... g	2.5		1	MC	9		0.7		
Sugars, total ... g	43.84		1	MC	9		11.84		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		1	MC	9		3		
* Iron, Fe ... mg	19.24		1	MC	9		5.19		
Magnesium, Mg ... mg	54		1	MC	9		15		
Phosphorus, P ... mg	166		1	MC	9		45		
Potassium, K ... mg	185		1	MC	9		50		
Sodium, Na ... mg	748		1	MC	9		202		
* Zinc, Zn ... mg	16.01		1	MC	9		4.32		
Copper, Cu ... mg	0.150		1	MC	9		0.041		
Manganese, Mn ... mg	0.650		1	MC	9		0.176		
Selenium, Se ... mcg	6.5		0	NC	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
* Thiamin ... mg	1.600		1	MC	9		0.432		
* Riboflavin ... mg	1.810		1	MC	9		0.489		
* Niacin ... mg	21.280		1	MC	9		5.746		
Pantothenic acid ... mg	0.360		1	MC	9		0.097		
* Vitamin B-6 ... mg	2.120		1	MC	9		0.572		
* Folate, total ... mcg	1555		1	MC	9		420		
* Folic acid ... mcg	1538		0	NR	4		415		
Folate, food ... mcg	16		0	FLM	4		4		
Folate, DFE ... mcg_DFE	2630		0	NC	4		710		
Choline, total ... mg	9.9		0	FLM	4		2.7		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... mcg_RAE	7		0	NC	4		2		
Retinol ... mcg	0		0	NC	4		0		
Carotene, beta ... mcg	66		0	FLM	4		18		
Carotene, alpha ... mcg	43		0	FLM	4		12		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	147		1	MC	9		40		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	986		0	FLM	4		266		
Vitamin E (alpha-tocopherol) ... mg	0.72		1	MC	9		0.19		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.3		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	4.200		1	MC	9		1.134		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08010
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.028		0	FLM	4		0.007		
8:0....g	0.345		0	FLM	4		0.093		
10:0....g	0.276		0	FLM	4		0.075		
12:0....g	2.057		0	FLM	4		0.555		
13:0....g									
14:0....g	0.775		0	FLM	4		0.209		
15:0....g									
16:0....g	0.557		0	FLM	4		0.150		
17:0....g									
18:0....g	0.149		0	FLM	4		0.040		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.700		1	MC	9		0.189		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.697		0	FLM	4		0.188		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.001		0	FLM	4		0.000		
24:1 c....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated....g	0.790		1	MC	9		0.213		
18:2 undifferentiated....g	0.766		0	FLM	4		0.207		
18:3 undifferentiated....g	0.024		0	FLM	4		0.007		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08011

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		1	MC	9		0.65		
Energy ... kcal	402		1	MC	9		104		
Energy ... kJ	1680		0	MC	9		437		
Protein (N x 6.25) ... g	4.41		1	MC	9		1.15		
Total lipid (fat) ... g	5.64		1	MC	9		1.47		
Ash ... g	2.26		1	MC	9		0.59		
Carbohydrate, by difference ... g	85.19		1	MC	9		22.15		
Fiber, total dietary ... g	2.5		1	MC	9		0.6		
Sugars, total ... g	44.73		1	MC	9		11.63		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	14		1	MC	9		4		
* Iron, Fe ... mg	19.30		1	MC	9		5.02		
Magnesium, Mg ... mg	54		1	MC	9		14		
Phosphorus, P ... mg	166		1	MC	9		43		
Potassium, K ... mg	188		1	MC	9		49		
Sodium, Na ... mg	699		1	MC	9		182		
* Zinc, Zn ... mg	16.06		1	MC	9		4.18		
Copper, Cu ... mg	0.150		1	MC	9		0.039		
Manganese, Mn ... mg	0.640		1	MC	9		0.166		
Selenium, Se ... mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		1	MC	9		0.0		
* Thiamin ... mg	1.600		1	MC	9		0.416		
* Riboflavin ... mg	1.810		1	MC	9		0.471		
* Niacin ... mg	21.340		1	MC	9		5.548		
Pantothenic acid ... mg	0.370		1	MC	9		0.096		
* Vitamin B-6 ... mg	2.130		1	MC	9		0.554		
Folate, total ... mcg	1539		1	MC	9		400		
* Folic acid ... mcg	1520		0	NC	4		395		
Folate, food ... mcg	19		0	CAZN	4		5		
Folate, DFE ... mcg_DFE	2602		0	NC	4		677		
Choline, total ... mg	14.1		0	FLM	4		3.7		
Betaine ... mg									
Vitamin B-12 ... mcg	0.01		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	7		0	NC	4		2		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	65		0	FLM	4		17		
Carotene, alpha ... mcg	43		0	FLM	4		11		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	144		1	MC	9		38		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	969		0	FLM	4		252		
Vitamin E (alpha-tocopherol) ... mg	0.63		1	MC	9		0.16		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.5		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	3.910		1	MC	9		1.017		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08011
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.024		0	FLM	4		0.006		
8:0....g	0.300		0	FLM	4		0.078		
10:0....g	0.240		0	FLM	4		0.062		
12:0....g	1.789		0	FLM	4		0.465		
13:0....g									
14:0....g	0.674		0	FLM	4		0.175		
15:0....g									
16:0....g	0.703		0	FLM	4		0.183		
17:0....g									
18:0....g	0.156		0	FLM	4		0.040		
20:0....g	0.000		0	FLM	4		0.000		
22:0....g	0.000		0	FLM	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.720		1	MC	9		0.187		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.718		0	FLM	4		0.187		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		1	MC	9		0.208		
18:2 undifferentiated....g	0.773		0	FLM	4		0.201		
18:3 undifferentiated....g	0.027		0	FLM	4		0.007		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.060		1	MC	9		0.016		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08012
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		1	MC	9		0.68		
Energy ... kcal	416		1	MC	9		112		
Energy ... kJ	1742		0	MC	9		470		
Protein (N x 6.25) ... g	7.10		1	MC	9		1.92		
Total lipid (fat) ... g	9.16		1	MC	9		2.47		
Ash ... g	2.52		1	MC	9		0.68		
Carbohydrate, by difference ... g	78.72		1	MC	9		21.25		
Fiber, total dietary ... g	2.7		1	MC	9		0.7		
Sugars, total ... g	33.12		1	MC	9		8.94		
Sucrose ... g									
Glucose (dextrose) ... g									
Fructose ... g									
Lactose ... g									
Maltose ... g									
Galactose ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		1	MC	9		3		
* Iron, Fe ... mg	18.36		1	MC	9		4.96		
Magnesium, Mg ... mg	70		1	MC	9		19		
Phosphorus, P ... mg	195		1	MC	9		53		
Potassium, K ... mg	237		1	MC	9		64		
Sodium, Na ... mg	742		1	MC	9		200		
* Zinc, Zn ... mg	15.29		1	MC	9		4.13		
Copper, Cu ... mg	0.200		1	MC	9		0.054		
Manganese, Mn ... mg	0.720		1	MC	9		0.194		
Selenium, Se ... mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
* Thiamin ... mg	1.530		1	MC	9		0.413		
* Riboflavin ... mg	1.730		1	MC	9		0.467		
* Niacin ... mg	20.360		1	MC	9		5.497		
Pantothenic acid ... mg	0.480		1	MC	9		0.130		
* Vitamin B-6 ... mg	2.040		1	MC	9		0.551		
Folate, total ... mcg	1554		1	MC	9		420		
* Folic acid ... mcg	1535		0	NR	4		414		
Folate, food ... mcg	19		0	CAZN	4		5		
Folate, DFE ... mcg_DFE	2629		0	NC	4		710		
Choline, total ... mg	14.7		0	AS	1		4.0		
Betaine ... mg	1.8		0	A	1		0.5		
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	8		0	NC	4		2		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	68		0	FLM	4		18		
Carotene, alpha ... mcg	45		0	FLM	4		12		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	151		1	MC	9		41		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	1010		0	FLM	4		273		
Vitamin E (alpha-tocopherol) ... mg	0.69		1	MC	9		0.19		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		

NDB No. 08012
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.5		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	4.010		1	MC	9		1.083		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.014		0	FLM	4		0.004		
8:0....g	0.176		0	FLM	4		0.048		
10:0....g	0.141		0	FLM	4		0.038		
12:0....g	1.071		0	FLM	4		0.289		
13:0....g									
14:0....g	0.429		0	FLM	4		0.116		
15:0....g									
16:0....g	1.421		0	FLM	4		0.384		
17:0....g									
18:0....g	0.368		0	FLM	4		0.099		
20:0....g	0.094		0	FLM	4		0.025		
22:0....g	0.208		0	FLM	4		0.056		
24:0....g	0.067		0	FLM	4		0.018		
Fatty acids, total monounsaturated....g	2.630		1	MC	9		0.710		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	2.578		0	FLM	4		0.696		
20:1....g	0.050		0	FLM	4		0.014		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.160		1	MC	9		0.583		
18:2 undifferentiated....g	2.126		0	FLM	4		0.574		
18:3 undifferentiated....g	0.034		0	FLM	4		0.009		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08358

Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	376		0	MC	9				
Energy ... kJ	1574		0	MC	9				
Protein (N x 6.25) ... g	7.23		0	MC	9				
Total lipid (fat) ... g	2.88		0	MC	9				
Ash ... g	3.88		0	MC	9				
Carbohydrate, by difference ... g	83.50		0	MC	9				
Fiber, total dietary ... g	4.3		0	MC	9				
Sugars, total ... g	20.35		0	MC	9				
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	376		0	MC	9				
* Iron, Fe ... mg	28.73		0	MC	9				
Magnesium, Mg ... mg	89		0	MC	9				
Phosphorus, P ... mg	331		0	MC	9				
Potassium, K ... mg	280		0	MC	9				
Sodium, Na ... mg	801		0	MC	9				
* Zinc, Zn ... mg	13.75		0	MC	9				
Copper, Cu ... mg	0.210		0	MC	9				
Manganese, Mn ... mg	1.260		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	22.0		0	MC	9				
* Thiamin ... mg	1.370		0	MC	9				
* Riboflavin ... mg	1.550		0	MC	9				
* Niacin ... mg	18.340		0	MC	9				
Pantothenic acid ... mg	0.560		0	MC	9				
* Vitamin B-6 ... mg	1.830		0	MC	9				
* Folate, total ... mcg	1400		0	MC	9				
Folic acid ... mcg	1381		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	2367		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	551		0	NC	4				
Retinol ... mcg	551		0	NC	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1834		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.520		0	MC	9				
Fatty acids, total monounsaturated ... g	0.830		0	MC	9				
Fatty acids, total polyunsaturated ... g	1.170		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08358
Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08364

Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	397		0	MC	9				
Energy ... kJ	1662		0	MC	9				
Protein (N x 6.25) ... g	5.07		0	MC	9				
Total lipid (fat) ... g	6.02		0	MC	9				
Ash ... g	2.72		0	MC	9				
Carbohydrate, by difference ... g	83.67		0	MC	9				
Fiber, total dietary ... g	4.0		0	MC	9				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	32		0	MC	9				
* Iron, Fe ... mg	16.50		0	MC	9				
Magnesium, Mg ... mg	62		0	MC	9				
Phosphorus, P ... mg	192		0	MC	9				
Potassium, K ... mg	202		0	MC	9				
Sodium, Na ... mg	777		0	MC	9				
* Zinc, Zn ... mg	13.75		0	MC	9				
Copper, Cu ... mg	0.160		0	MC	9				
Manganese, Mn ... mg	0.980		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	22.0		0	MC	9				
* Thiamin ... mg	1.370		0	MC	9				
* Riboflavin ... mg	1.550		0	MC	9				
* Niacin ... mg	18.330		0	MC	9				
Pantothenic acid ... mg	0.380		0	MC	9				
* Vitamin B-6 ... mg	1.830		0	MC	9				
* Folate, total ... mcg	1400		0	MC	9				
Folic acid ... mcg	1381		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	2367		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	551		0	NC	4				
Retinol ... mcg	551		0	NR	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1833		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.520		0	MC	9				
Fatty acids, total monounsaturated ... g	1.220		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.860		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08364

Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08357

Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	376		0	MC	9				
Energy ... kJ	1574		0	MC	9				
Protein (N x 6.25) ... g	3.75		0	MC	9				
Total lipid (fat) ... g	2.45		0	MC	9				
Ash ... g	2.01		0	MC	9				
Carbohydrate, by difference ... g	89.27		0	MC	9				
Fiber, total dietary ... g	1.4		0	MC	9				
Sugars, total ... g	43.95		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		0	MC	9				
* Iron, Fe ... mg	9.58		0	MC	9				
Magnesium, Mg ... mg	20		0	MC	9				
Phosphorus, P ... mg	63		0	MC	9				
Potassium, K ... mg	49		0	MC	9				
Sodium, Na ... mg	590		0	MC	9				
Zinc, Zn ... mg	0.66		0	MC	9				
Copper, Cu ... mg	0.070		0	MC	9				
Manganese, Mn ... mg	0.620		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	28.0		0	MC	9				
* Thiamin ... mg	0.710		0	MC	9				
* Riboflavin ... mg	1.690		0	MC	9				
* Niacin ... mg	19.680		0	MC	9				
Pantothenic acid ... mg	0.680		0	MC	9				
* Vitamin B-6 ... mg	2.000		0	MC	9				
* Folate, total ... mcg	274		0	MC	9				
Folic acid ... mcg	255		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	453		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	805		0	NC	4				
Retinol ... mcg	805		0	NC	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	2680		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	4.1		0	MC	9				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	165		0	MC	9				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.230		0	MC	9				
Fatty acids, total monounsaturated ... g	1.880		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.230		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08357

Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08359

Cereals ready-to-eat, QUAKER, Frosted Oats

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	396		0	MC	9				
Energy ... kJ	1657		0	MC	9				
Protein (N x 6.25) ... g	6.06		0	MC	9				
Total lipid (fat) ... g	5.96		0	MC	9				
Ash ... g	3.50		0	MC	9				
Carbohydrate, by difference ... g	81.96		0	MC	9				
Fiber, total dietary ... g	4.3		0	MC	9				
Sugars, total ... g	37.49		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	MC	9				
* Iron, Fe ... mg	19.01		0	MC	9				
Magnesium, Mg ... mg	62		0	MC	9				
Phosphorus, P ... mg	243		0	MC	9				
Potassium, K ... mg	184		0	MC	9				
Sodium, Na ... mg	864		0	MC	9				
* Zinc, Zn ... mg	15.84		0	MC	9				
Copper, Cu ... mg	0.150		0	MC	9				
Manganese, Mn ... mg	1.930		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	25.3		0	MC	9				
* Thiamin ... mg	1.010		0	MC	9				
* Riboflavin ... mg	1.790		0	MC	9				
* Niacin ... mg	21.120		0	MC	9				
Pantothenic acid ... mg	0.310		0	MC	9				
* Vitamin B-6 ... mg	2.110		0	MC	9				
* Folate, total ... mcg	1600		0	MC	9				
Folic acid ... mcg	1581		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	2707		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	634		0	NC	4				
Retinol ... mcg	634		0	NC	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	2112		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.290		0	MC	9				
Fatty acids, total monounsaturated ... g	1.800		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.990		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08359
Cereals ready-to-eat, QUAKER, Frosted Oats

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08401

Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9				
Energy....kcal	394		0	MC	9				
Energy....kJ	1650		0	MC	9				
Protein (N x 6.25)....g	4.86		0	MC	9				
Total lipid (fat)....g	3.84		0	MC	9				
Ash....g	1.53		0	MC	9				
Carbohydrate, by difference....g	87.24		0	MC	9				
Fiber, total dietary....g	3.0		0	MC	9				
Sugars, total....g	43.11		0	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	MC	9				
Iron, Fe....mg	18.34		0	MC	9				
Magnesium, Mg....mg	61		0	MC	9				
Phosphorus, P....mg	188		0	MC	9				
Potassium, K....mg	195		0	MC	9				
Sodium, Na....mg	254		0	MC	9				
Zinc, Zn....mg	15.28		0	MC	9				
Copper, Cu....mg	0.160		0	MC	9				
Manganese, Mn....mg	0.860		0	MC	9				
Selenium, Se....mcg	0.0		0	MC	9				
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.5		0	MC	9				
Thiamin....mg	1.520		0	MC	9				
Riboflavin....mg	1.730		0	MC	9				
Niacin....mg	20.370		0	MC	9				
Pantothenic acid....mg	0.000		0	MC	9				
Vitamin B-6....mg	2.030		0	MC	9				
Folate, total....mcg	1556		0	MC	9				
Folic acid....mcg	1537		0	NC	4				
Folate, food....mcg	19		0	CAAN	4				
Folate, DFE....mcg_DFE	2631		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9				
Vitamin A, RAE....mcg_RAE	612		0	NC	4				
Retinol....mcg	612		0	NC	4				
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2038		0	MC	9				
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7				
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	MC	9				
Fatty acids, total monounsaturated....g	0.840		0	MC	9				
Fatty acids, total polyunsaturated....g	0.810		0	MC	9				
Fatty acids, total trans....g									

NDB No. 08401

Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08211

Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.75		1	MC	9		0.74		
Energy ... kcal	411		1	MC	9		111		
Energy ... kJ	1722		0	MC	9		465		
Protein (N x 6.25) ... g	4.09		1	MC	9		1.10		
Total lipid (fat) ... g	7.45		1	MC	9		2.01		
Ash ... g	2.10		1	MC	9		0.57		
Carbohydrate, by difference ... g	83.61		1	MC	9		22.57		
Fiber, total dietary ... g	2.0		1	MC	9		0.5		
Sugars, total ... g	42.97		1	MC	9		11.60		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		1	MC	9		3		
* Iron, Fe ... mg	22.05		1	MC	9		5.95		
Magnesium, Mg ... mg	45		1	MC	9		12		
Phosphorus, P ... mg	143		1	MC	9		39		
Potassium, K ... mg	164		1	MC	9		44		
Sodium, Na ... mg	614		1	MC	9		166		
* Zinc, Zn ... mg	18.38		1	MC	9		4.96		
Copper, Cu ... mg	0.130		1	MC	9		0.035		
Manganese, Mn ... mg	0.520		1	MC	9		0.140		
Selenium, Se ... mcg	4.7		0	FLM	4		1.3		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	29.4		1	MC	9		7.9		
* Thiamin ... mg	1.840		1	MC	9		0.497		
* Riboflavin ... mg	2.080		1	MC	9		0.562		
* Niacin ... mg	24.500		1	MC	9		6.615		
Pantothenic acid ... mg	0.330		1	MC	9		0.089		
* Vitamin B-6 ... mg	2.450		1	MC	9		0.662		
Folate, total ... mcg	1482		1	MC	9		400		
* Folic acid ... mcg	1463		0	NR	4		395		
Folate, food ... mcg	19		0	CAZN	4		5		
Folate, DFE ... mcg_DFE	2506		0	NC	4		677		
Choline, total ... mg	7.9		0	FLM	4		2.1		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... mcg_RAE	736		0	NC	4		199		
Retinol ... mcg	736		0	NR	4		199		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	2451		1	MC	9		662		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.66		1	MC	9		0.18		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.2		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	5.790		1	MC	9		1.563		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08211
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.039		0	FLM	4		0.011		
8:0....g	0.488		0	FLM	4		0.132		
10:0....g	0.391		0	FLM	4		0.105		
12:0....g	2.905		0	FLM	4		0.784		
13:0....g									
14:0....g	1.095		0	FLM	4		0.296		
15:0....g									
16:0....g	0.666		0	FLM	4		0.180		
17:0....g									
18:0....g	0.199		0	FLM	4		0.054		
20:0....g									
22:0....g	0.000		0	FLM	4		0.000		
24:0....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated....g	0.760		1	MC	9		0.205		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.757		0	FLM	4		0.204		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.001		0	FLM	4		0.000		
24:1 c....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated....g	0.790		1	MC	9		0.213		
18:2 undifferentiated....g	0.767		0	FLM	4		0.207		
18:3 undifferentiated....g	0.023		0	FLM	4		0.006		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08396

Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9				
Energy....kcal	374		0	MC	9				
Energy....kJ	1563		0	MC	9				
Protein (N x 6.25)....g	5.68		0	MC	9				
Total lipid (fat)....g	0.77		0	MC	9				
Ash....g	2.51		0	MC	9				
Carbohydrate, by difference....g	88.82		0	MC	9				
Fiber, total dietary....g	3.1		0	MC	9				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		0	MC	9				
* Iron, Fe....mg	15.00		0	MC	9				
Magnesium, Mg....mg	17		0	MC	9				
Phosphorus, P....mg	47		0	MC	9				
Potassium, K....mg	89		0	MC	9				
Sodium, Na....mg	869		0	MC	9				
* Zinc, Zn....mg	0.26		0	MC	9				
Copper, Cu....mg	0.050		0	MC	9				
Manganese, Mn....mg	0.060		0	MC	9				
Selenium, Se....mcg	0.0		0	MC	9				
Vitamins:									
* Vitamin C, total ascorbic acid....mg	50.0		0	MC	9				
* Thiamin....mg	1.250		0	MC	9				
* Riboflavin....mg	1.410		0	MC	9				
* Niacin....mg	16.660		0	MC	9				
Pantothenic acid....mg	0.280		0	MC	9				
* Vitamin B-6....mg	1.660		0	MC	9				
* Folate, total....mcg	333		0	MC	9				
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9				
Vitamin A, RAE....mcg_RAE									
* Vitamin A, IU....IU	2500		0	MC	9				
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.3		0	MC	9				
* Vitamin D....IU	133		0	MC	9				
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.100		0	MC	9				
Fatty acids, total monounsaturated....g	0.180		0	MC	9				
Fatty acids, total polyunsaturated....g	0.320		0	MC	9				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08396

Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08361

Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	395		0	MC	9				
Energy ... kJ	1651		0	MC	9				
Protein (N x 6.25) ... g	5.60		0	MC	9				
Total lipid (fat) ... g	5.24		0	MC	9				
Ash ... g	3.00		0	MC	9				
Carbohydrate, by difference ... g	83.64		0	MC	9				
Fiber, total dietary ... g	2.8		0	MC	9				
Sugars, total ... g	38.37		0	NC	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0	MC	9				
* Iron, Fe ... mg	17.68		0	MC	9				
Magnesium, Mg ... mg	60		0	MC	9				
Phosphorus, P ... mg	191		0	MC	9				
Potassium, K ... mg	234		0	MC	9				
Sodium, Na ... mg	825		0	MC	9				
* Zinc, Zn ... mg	14.73		0	MC	9				
Copper, Cu ... mg	0.180		0	MC	9				
Manganese, Mn ... mg	0.540		0	MC	9				
Selenium, Se ... mcg	2.9		0	MC	9				
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	23.6		0	MC	9				
* Thiamin ... mg	1.470		0	MC	9				
* Riboflavin ... mg	1.670		0	MC	9				
* Niacin ... mg	19.640		0	MC	9				
Pantothenic acid ... mg	0.490		0	MC	9				
* Vitamin B-6 ... mg	1.960		0	MC	9				
* Folate, total ... mcg	1500		0	MC	9				
Folic acid ... mcg	1481		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	2537		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.08		0	MC	9				
Vitamin A, RAE ... mcg_RAE	590		0	NC	4				
Retinol ... mcg	590		0	NC	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1965		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	MC	9				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	MC	9				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.310		0	MC	9				
Fatty acids, total monounsaturated ... g	0.810		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.700		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08361

Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08395

Cereals ready-to-eat, QUAKER, Honey Nut Oats

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	385		0	MC	9				
Energy ... kJ	1612		0	MC	9				
Protein (N x 6.25) ... g	6.04		0	MC	9				
Total lipid (fat) ... g	3.65		0	MC	9				
Ash ... g	3.27		0	MC	9				
Carbohydrate, by difference ... g	84.53		0	MC	9				
Fiber, total dietary ... g	4.3		0	MC	9				
Sugars, total ... g	38.64		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		0	MC	9				
* Iron, Fe ... mg	17.68		0	MC	9				
Magnesium, Mg ... mg	63		0	MC	9				
Phosphorus, P ... mg	252		0	MC	9				
Potassium, K ... mg	191		0	MC	9				
Sodium, Na ... mg	805		0	MC	9				
* Zinc, Zn ... mg	14.73		0	MC	9				
Copper, Cu ... mg	0.150		0	MC	9				
Manganese, Mn ... mg	1.920		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	23.6		0	MC	9				
* Thiamin ... mg	0.940		0	MC	9				
* Riboflavin ... mg	1.670		0	MC	9				
* Niacin ... mg	19.650		0	MC	9				
Pantothenic acid ... mg	0.310		0	MC	9				
* Vitamin B-6 ... mg	1.960		0	MC	9				
* Folate, total ... mcg	1500		0	MC	9				
Folic acid ... mcg									
Folate, food ... mcg	1500		0	MC	9				
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1965		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.630		0	MC	9				
Fatty acids, total monounsaturated ... g	1.440		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.950		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08395
Cereals ready-to-eat, QUAKER, Honey Nut Oats

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08047

Cereals ready-to-eat, QUAKER, KING VITAMAN

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		1	MC	9		0.62		
Energy ... kcal	386		1	MC	9		120		
Energy ... kJ	1615		0	MC	9		501		
Protein (N x 6.25) ... g	6.54		1	MC	9		2.03		
Total lipid (fat) ... g	3.47		1	MC	9		1.08		
Ash ... g	3.00		1	MC	9		0.93		
Carbohydrate, by difference ... g	85.00		1	MC	9		26.35		
Fiber, total dietary ... g	3.5		1	MC	9		1.1		
Sugars, total ... g	20.18		1	MC	9		6.26		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		1	MC	9		3		
* Iron, Fe ... mg	29.00		1	MC	9		8.99		
Magnesium, Mg ... mg	84		1	MC	9		26		
Phosphorus, P ... mg	255		1	MC	9		79		
Potassium, K ... mg	274		1	MC	9		85		
Sodium, Na ... mg	837		1	MC	9		260		
* Zinc, Zn ... mg	12.71		1	MC	9		3.94		
Copper, Cu ... mg	0.210		1	MC	9		0.065		
Manganese, Mn ... mg	0.910		1	MC	9		0.282		
Selenium, Se ... mcg	6.5		0	O	4		2.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	40.0		1	MC	9		12.4		
* Thiamin ... mg	1.270		1	MC	9		0.394		
* Riboflavin ... mg	1.430		1	MC	9		0.443		
* Niacin ... mg	16.840		1	MC	9		5.220		
Pantothenic acid ... mg	0.560		1	MC	9		0.174		
* Vitamin B-6 ... mg	1.670		1	MC	9		0.518		
Folate, total ... mcg	1334		1	MC	9		414		
* Folic acid ... mcg	1315		0	NR	4		408		
Folate, food ... mcg	19		0	NR	4		6		
Folate, DFE ... mcg_DFE	2255		0	NC	4		699		
Choline, total ... mg	14.5		0	FLM	4		4.5		
Betaine ... mg									
* Vitamin B-12 ... mcg	5.00		1	MC	9		1.55		
* Vitamin B-12, added ... mcg	5.00		0	NR	4		1.55		
Vitamin A, RAE ... mcg_RAE	959		0	NC	4		297		
Retinol ... mcg	950		0	NR	4		295		
Carotene, beta ... mcg	80		0	FLM	4		25		
Carotene, alpha ... mcg	52		0	FLM	4		16		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3352		1	MC	9		1039		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	1124		0	FLM	4		348		
* Vitamin E (alpha-tocopherol) ... mg	4.55		1	MC	9		1.41		
* Vitamin E, added ... mg	4.50		0	NR	4		1.39		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	3.3		1	MC	9		1.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
* Vitamin D ... IU	133		1	MC	9		41		
Vitamin K (phylloquinone) ... mcg	0.3		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	1.580		1	MC	9		0.490		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08047
Cereals ready-to-eat, QUAKER, KING VITAMAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.009		0	FLM	4		0.003		
8:0 ... g	0.109		0	FLM	4		0.034		
10:0 ... g	0.087		0	FLM	4		0.027		
12:0 ... g	0.655		0	FLM	4		0.203		
13:0 ... g									
14:0 ... g	0.248		0	FLM	4		0.077		
15:0 ... g									
16:0 ... g	0.382		0	FLM	4		0.118		
17:0 ... g									
18:0 ... g	0.072		0	FLM	4		0.022		
20:0 ... g	0.003		0	FLM	4		0.001		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	0.650		1	MC	9		0.202		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.645		0	FLM	4		0.200		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.001		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.140		1	MC	9		0.353		
18:2 undifferentiated ... g	1.102		0	FLM	4		0.342		
18:3 undifferentiated ... g	0.038		0	FLM	4		0.012		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		
Cholesterol ... mg	0		1	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1.5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08085

Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.40		0	MC	9		0.48		
Energy ... kcal	372		0	MC	9		52		
Energy ... kJ	1558		0	MC	9		218		
Protein (N x 6.25) ... g	26.55		0	MC	9		3.72		
Total lipid (fat) ... g	7.78		0	MC	9		1.09		
Ash ... g	4.14		0	MC	9		0.58		
Carbohydrate, by difference ... g	58.11		0	MC	9		8.14		
Fiber, total dietary ... g	10.2		0	MC	9		1.4		
Sugars, total ... g	24.85		0	MC	9		3.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	50		0	MC	9		7		
Iron, Fe ... mg	8.05		0	MC	9		1.13		
Magnesium, Mg ... mg	272		0	MC	9		38		
Phosphorus, P ... mg	1011		0	MC	9		142		
Potassium, K ... mg	964		0	MC	9		135		
Sodium, Na ... mg	11		0	MC	9		2		
Zinc, Zn ... mg	13.88		0	MC	9		1.94		
Copper, Cu ... mg	0.720		0	MC	9		0.101		
Manganese, Mn ... mg	15.880		0	MC	9		2.223		
Selenium, Se ... mcg	58.0		0	FLC	4		8.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	1.340		0	MC	9		0.188		
Riboflavin ... mg	0.690		0	MC	9		0.097		
Niacin ... mg	4.730		0	MC	9		0.662		
Pantothenic acid ... mg	1.100		0	MC	9		0.154		
Vitamin B-6 ... mg	0.500		0	MC	9		0.070		
* Folate, total ... mcg	606		0	MC	9		85		
Folic acid ... mcg	587		0	NC	4		82		
Folate, food ... mcg	19		0	CAAN	4		3		
Folate, DFE ... mcg_DFE	1016		0	NC	4		142		
Choline, total ... mg	124.0		0	BFZN	4		17.4		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	Z	7		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	20.22		0	MC	9		2.83		
* Vitamin E, added ... mg	20.22		0	NR	4		2.83		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	1.360		0	MC	9		0.190		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08085

Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.010		0	FLM	4		0.001		
15:0 ... g									
16:0 ... g	1.264		0	FLM	4		0.177		
17:0 ... g									
18:0 ... g	0.038		0	FLM	4		0.005		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.040		0	MC	9		0.146		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.029		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.083		0	FLM	4		0.152		
20:1 ... g	0.002		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.840		0	MC	9		0.678		
18:2 undifferentiated ... g	4.104		0	FLM	4		0.575		
18:3 undifferentiated ... g	0.523		0	FLM	4		0.073		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1.667 tbsp (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08363

Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	11.72		0	MC	9		1.88		
Energy ... kcal	200		0	MC	9		32		
Energy ... kJ	839		0	MC	9		134		
Protein (N x 6.25) ... g	17.56		0	MC	9		2.81		
Total lipid (fat) ... g	5.16		0	MC	9		0.83		
Ash ... g	6.04		0	MC	9		0.97		
Carbohydrate, by difference ... g	59.51		0	MC	9		9.52		
Fiber, total dietary ... g	41.3		0	MC	9		6.6		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	66		0	MC	9		11		
Iron, Fe ... mg	13.88		0	MC	9		2.22		
Magnesium, Mg ... mg	606		0	MC	9		97		
Phosphorus, P ... mg	1314		0	MC	9		210		
Potassium, K ... mg	1284		0	MC	9		205		
Sodium, Na ... mg	6		0	MC	9		1		
Zinc, Zn ... mg	11.23		0	MC	9		1.80		
Copper, Cu ... mg	1.090		0	MC	9		0.174		
Manganese, Mn ... mg	17.380		0	MC	9		2.781		
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	1.100		0	MC	9		0.176		
Riboflavin ... mg	0.450		0	MC	9		0.072		
Niacin ... mg	20.620		0	MC	9		3.299		
Pantothenic acid ... mg	2.930		0	MC	9		0.469		
Vitamin B-6 ... mg	0.680		0	MC	9		0.109		
Folate, total ... mcg	193		0	MC	9		31		
* Folic acid ... mcg	152		0	NC	4		24		
Folate, food ... mcg	41		0	CAAN	4		7		
Folate, DFE ... mcg_DFE	299		0	NC	4		48		
Choline, total ... mg	74.4		0	AS	1		11.9		
Betaine ... mg									
Vitamin B-12 ... mcg	0.23		0	MC	9		0.04		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.770		0	MC	9		0.123		
Fatty acids, total monounsaturated ... g	0.800		0	MC	9		0.128		
Fatty acids, total polyunsaturated ... g	2.720		0	MC	9		0.435		
Fatty acids, total trans ... g									

NDB No. 08363
Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: .25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08366

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.78		0	MC	9		0.67		
Energy....kcal	366		0	MC	9		51		
Energy....kJ	1532		0	MC	9		214		
Protein (N x 6.25)....g	31.43		0	MC	9		4.40		
Total lipid (fat)....g	9.56		0	MC	9		1.34		
Ash....g	4.82		0	MC	9		0.67		
Carbohydrate, by difference....g	49.38		0	MC	9		6.91		
Fiber, total dietary....g	11.9		0	MC	9		1.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	MC	9		7		
Iron, Fe....mg	8.34		0	MC	9		1.17		
Magnesium, Mg....mg	313		0	MC	9		44		
Phosphorus, P....mg	1130		0	MC	9		158		
Potassium, K....mg	1097		0	MC	9		154		
Sodium, Na....mg	6		0	MC	9		1		
Zinc, Zn....mg	16.01		0	MC	9		2.24		
Copper, Cu....mg	0.620		0	MC	9		0.087		
Manganese, Mn....mg	19.080		0	MC	9		2.671		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		0	MC	9		0.8		
Thiamin....mg	1.970		0	MC	9		0.276		
Riboflavin....mg	0.780		0	MC	9		0.109		
Niacin....mg	5.580		0	MC	9		0.781		
Pantothenic acid....mg	1.400		0	MC	9		0.196		
Vitamin B-6....mg	0.600		0	MC	9		0.084		
* Folate, total....mcg	669		0	MC	9		94		
Folic acid....mcg	317		0	NC	4		44		
Folate, food....mcg	352		0	CAAN	4		49		
Folate, DFE....mcg_DFE	892		0	NC	4		125		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.21		0	MC	9		0.03		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.660		0	MC	9		0.232		
Fatty acids, total monounsaturated....g	1.250		0	MC	9		0.175		
Fatty acids, total polyunsaturated....g	5.980		0	MC	9		0.837		
Fatty acids, total trans....g									

NDB No. 08366

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1.67 tablespoon

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		1	MC	9		1.93		
Energy....kcal	390		1	MC	9		215		
Energy....kJ	1632		0	MC	9		898		
Protein (N x 6.25)....g	7.87		1	MC	9		4.33		
Total lipid (fat)....g	5.54		1	MC	9		3.05		
Ash....g	1.97		1	MC	9		1.08		
Carbohydrate, by difference....g	81.12		1	MC	9		44.62		
Fiber, total dietary....g	5.6		1	MC	9		3.1		
Sugars, total....g	33.60		1	MC	9		18.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	64		1	MC	9		35		
Iron, Fe....mg	2.65		1	MC	9		1.46		
Magnesium, Mg....mg	85		1	MC	9		47		
Phosphorus, P....mg	268		1	MC	9		147		
Potassium, K....mg	412		1	MC	9		226		
Sodium, Na....mg	253		1	MC	9		139		
Zinc, Zn....mg	1.94		1	MC	9		1.07		
Copper, Cu....mg	0.310		1	MC	9		0.171		
Manganese, Mn....mg	2.090		1	MC	9		1.150		
Selenium, Se....mcg	2.5		1	MC	9		1.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg	0.350		1	MC	9		0.193		
Riboflavin....mg	0.200		1	MC	9		0.110		
Niacin....mg	2.100		1	MC	9		1.155		
Pantothenic acid....mg	0.680		1	MC	9		0.374		
Vitamin B-6....mg	0.190		1	MC	9		0.105		
Folate, total....mcg	26		1	MC	9		14		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	26		0	NR	4		14		
Folate, DFE....mcg_DFE	26		0	NC	4		14		
Choline, total....mg	21.5		0	FLM	4		11.8		
Betaine....mg									
Vitamin B-12....mcg	0.09		1	MC	9		0.05		
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1		
Retinol....mcg	0		0	FLM	4		0		
Carotene, beta....mcg	8		0	BNA	4		5		
Carotene, alpha....mcg	5		0	BNA	4		3		
Cryptoxanthin, beta....mcg	0		0	BNA	4		0		
Vitamin A, IU....IU	19		1	MC	9		10		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	183		0	FLM	4		101		
Vitamin E (alpha-tocopherol)....mg	0.79		1	MC	9		0.43		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.3		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated....g	2.570		1	MC	9		1.414		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.016		0	FLM	4		0.009		
8:0....g	0.198		0	FLM	4		0.109		
10:0....g	0.155		0	FLM	4		0.085		
12:0....g	1.160		0	FLM	4		0.638		
13:0....g									
14:0....g	0.438		0	FLM	4		0.241		
15:0....g									
16:0....g	0.491		0	FLM	4		0.270		
17:0....g									
18:0....g	0.091		0	FLM	4		0.050		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.370		1	MC	9		0.754		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0	FLM	4		0.008		
17:1....g									
18:1 undifferentiated....g	1.356		0	FLM	4		0.746		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.080		1	MC	9		0.594		
18:2 undifferentiated....g	1.033		0	FLM	4		0.568		
18:3 undifferentiated....g	0.046		0	FLM	4		0.025		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .67 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08353

Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		1.50		
Energy ... kcal	380		0	MC	9		228		
Energy ... kJ	1591		0	MC	9		954		
Protein (N x 6.25) ... g	10.49		0	MC	9		6.29		
Total lipid (fat) ... g	4.64		0	MC	9		2.78		
Ash ... g	3.14		0	MC	9		1.88		
Carbohydrate, by difference ... g	79.21		0	MC	9		47.53		
Fiber, total dietary ... g	8.3		0	MC	9		5.0		
Sugars, total ... g	25.07		0	MC	9		15.04		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	74		0	MC	9		44		
Iron, Fe ... mg	3.60		0	MC	9		2.16		
Magnesium, Mg ... mg	106		0	MC	9		64		
Phosphorus, P ... mg	359		0	MC	9		216		
Potassium, K ... mg	537		0	MC	9		322		
Sodium, Na ... mg	419		0	MC	9		251		
Zinc, Zn ... mg	2.57		0	MC	9		1.54		
Copper, Cu ... mg	0.280		0	MC	9		0.168		
Manganese, Mn ... mg	3.010		0	MC	9		1.806		
Selenium, Se ... mcg	6.3		0	MC	9		3.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	MC	9		0.1		
Thiamin ... mg	0.300		0	MC	9		0.180		
Riboflavin ... mg	0.270		0	MC	9		0.162		
Niacin ... mg	2.300		0	MC	9		1.380		
Pantothenic acid ... mg	0.610		0	MC	9		0.366		
Vitamin B-6 ... mg	0.120		0	MC	9		0.072		
Folate, total ... mcg	36		0	MC	9		21		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	36		0	MC	9		21		
Folate, DFE ... mcg_DFE	36		0	NC	4		21		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	9		0	MC	9		5		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.790		0	MC	9		0.474		
Fatty acids, total monounsaturated ... g	1.450		0	MC	9		0.870		
Fatty acids, total polyunsaturated ... g	1.410		0	MC	9		0.846		
Fatty acids, total trans ... g									

NDB No. 08353
Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08355

Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.83		
Energy	kcal	376		0	MC	9		124		
Energy	kJ	1573		0	MC	9		519		
Protein (N x 6.25)	g	5.08		0	MC	9		1.68		
Total lipid (fat)	g	1.74		0	MC	9		0.57		
Ash	g	3.02		0	MC	9		1.00		
Carbohydrate, by difference	g	87.64		0	MC	9		28.92		
Fiber, total dietary	g	3.1		0	MC	9		1.0		
Sugars, total	g	41.84		0	MC	9		13.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	139		0	MC	9		46		
Iron, Fe	mg	5.29		0	MC	9		1.75		
Magnesium, Mg	mg	60		0	MC	9		20		
Phosphorus, P	mg	167		0	MC	9		55		
Potassium, K	mg	787		0	MC	9		260		
Sodium, Na	mg	546		0	MC	9		180		
Zinc, Zn	mg	1.08		0	MC	9		0.36		
Copper, Cu	mg	0.190		0	MC	9		0.063		
Manganese, Mn	mg	0.370		0	MC	9		0.122		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.150		0	MC	9		0.050		
Riboflavin	mg	0.630		0	MC	9		0.208		
Niacin	mg	1.310		0	MC	9		0.432		
Pantothenic acid	mg	0.340		0	MC	9		0.112		
Vitamin B-6	mg	0.030		0	MC	9		0.010		
Folate, total	mcg	13		0	MC	9		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0	MC	9		4		
Folate, DFE	mcg_DFE	13		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		3		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	164		0	MC	9		54		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.310		0	MC	9		0.102		
Fatty acids, total monounsaturated	g	0.310		0	MC	9		0.102		
Fatty acids, total polyunsaturated	g	0.630		0	MC	9		0.208		
Fatty acids, total trans	g									

NDB No. 08355
Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	372		0	MC	9				
Energy ... kJ	1558		0	MC	9				
Protein (N x 6.25) ... g	5.44		0	MC	9				
Total lipid (fat) ... g	1.63		0	MC	9				
Ash ... g	4.03		0	MC	9				
Carbohydrate, by difference ... g	86.38		0	MC	9				
Fiber, total dietary ... g	3.0		0	MC	9				
Sugars, total ... g	44.82		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	138		0	MC	9				
Iron, Fe ... mg	4.97		0	MC	9				
Magnesium, Mg ... mg	57		0	MC	9				
Phosphorus, P ... mg	162		0	MC	9				
Potassium, K ... mg	755		0	MC	9				
Sodium, Na ... mg	869		0	MC	9				
Zinc, Zn ... mg	1.02		0	MC	9				
Copper, Cu ... mg	0.120		0	MC	9				
Manganese, Mn ... mg	0.380		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9				
Thiamin ... mg	0.120		0	MC	9				
Riboflavin ... mg	0.690		0	MC	9				
Niacin ... mg	1.550		0	MC	9				
Pantothenic acid ... mg	0.390		0	MC	9				
Vitamin B-6 ... mg	0.060		0	MC	9				
Folate, total ... mcg	14		0	MC	9				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	14		0	MC	9				
Folate, DFE ... mcg_DFE	14		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	7		0	NC	4				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	145		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.280		0	MC	9				
Fatty acids, total monounsaturated ... g	0.320		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.690		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08354
Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08394

Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9				
Energy ... kcal	382		0	MC	9				
Energy ... kJ	1597		0	MC	9				
Protein (N x 6.25) ... g	5.44		0	MC	9				
Total lipid (fat) ... g	2.00		0	MC	9				
Ash ... g	2.27		0	MC	9				
Carbohydrate, by difference ... g	87.77		0	MC	9				
Fiber, total dietary ... g	3.1		0	MC	9				
Sugars, total ... g	35.68		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	23		0	MC	9				
Iron, Fe ... mg	1.77		0	MC	9				
Magnesium, Mg ... mg	64		0	MC	9				
Phosphorus, P ... mg	197		0	MC	9				
Potassium, K ... mg	237		0	MC	9				
Sodium, Na ... mg	587		0	MC	9				
Zinc, Zn ... mg	1.28		0	MC	9				
Copper, Cu ... mg	0.150		0	MC	9				
Manganese, Mn ... mg	0.920		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9				
Thiamin ... mg	0.180		0	MC	9				
Riboflavin ... mg	0.050		0	MC	9				
Niacin ... mg	1.040		0	MC	9				
Pantothenic acid ... mg	0.410		0	MC	9				
Vitamin B-6 ... mg	0.060		0	MC	9				
Folate, total ... mcg	17		0	MC	9				
Folic acid ... mcg									
Folate, food ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	138		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.380		0	MC	9				
Fatty acids, total monounsaturated ... g	0.560		0	MC	9				
Fatty acids, total polyunsaturated ... g	0.820		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08394
Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08351

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.83		
Energy ... kcal	403		0	MC	9		133		
Energy ... kJ	1686		0	MC	9		556		
Protein (N x 6.25) ... g	8.28		0	MC	9		2.73		
Total lipid (fat) ... g	7.34		0	MC	9		2.42		
Ash ... g	3.59		0	MC	9		1.18		
Carbohydrate, by difference ... g	78.27		0	MC	9		25.83		
Fiber, total dietary ... g	2.9		0	MC	9		0.9		
Sugars, total ... g	29.51		0	MC	9		9.74		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	100		0	MC	9		33		
Iron, Fe ... mg	4.03		0	MC	9		1.33		
Magnesium, Mg ... mg	74		0	MC	9		24		
Phosphorus, P ... mg	214		0	MC	9		71		
Potassium, K ... mg	648		0	MC	9		214		
Sodium, Na ... mg	806		0	MC	9		266		
Zinc, Zn ... mg	1.42		0	MC	9		0.47		
Copper, Cu ... mg	0.150		0	MC	9		0.050		
Manganese, Mn ... mg	0.670		0	MC	9		0.221		
Selenium, Se ... mcg	0.8		0	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.130		0	MC	9		0.043		
Riboflavin ... mg	0.500		0	MC	9		0.165		
Niacin ... mg	2.910		0	MC	9		0.960		
Pantothenic acid ... mg	0.510		0	MC	9		0.168		
Vitamin B-6 ... mg	0.110		0	MC	9		0.036		
Folate, total ... mcg	24		0	MC	9		8		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	24		0	MC	9		8		
Folate, DFE ... mcg_DFE	24		0	NC	4		8		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	7		0	NC	4		2		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	147		0	MC	9		49		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.440		0	MC	9		0.475		
Fatty acids, total monounsaturated ... g	3.080		0	MC	9		1.016		
Fatty acids, total polyunsaturated ... g	2.230		0	MC	9		0.736		
Fatty acids, total trans ... g									

NDB No. 08351

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		1.28		
Energy	kcal	373		0	MC	9		119		
Energy	kJ	1561		0	MC	9		499		
Protein (N x 6.25)	g	11.90		0	MC	9		3.81		
Total lipid (fat)	g	5.17		0	MC	9		1.65		
Ash	g	3.99		0	MC	9		1.28		
Carbohydrate, by difference	g	74.92		0	MC	9		23.97		
Fiber, total dietary	g	8.9		0	MC	9		2.9		
Sugars, total	g	15.50		0	MC	9		4.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0	MC	9		21		
Iron, Fe	mg	4.11		0	MC	9		1.32		
Magnesium, Mg	mg	143		0	MC	9		46		
Phosphorus, P	mg	458		0	MC	9		147		
Potassium, K	mg	490		0	MC	9		157		
Sodium, Na	mg	632		0	MC	9		202		
Zinc, Zn	mg	2.98		0	MC	9		0.95		
Copper, Cu	mg	0.280		0	MC	9		0.090		
Manganese, Mn	mg	3.410		0	MC	9		1.091		
Selenium, Se	mcg	4.3		0	MC	9		1.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.400		0	MC	9		0.128		
Riboflavin	mg	0.180		0	MC	9		0.058		
Niacin	mg	1.920		0	MC	9		0.614		
Pantothenic acid	mg	0.740		0	MC	9		0.237		
Vitamin B-6	mg	0.130		0	MC	9		0.042		
Folate, total	mcg	40		0	MC	9		13		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	71		0	MC	9		23		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.890		0	MC	9		0.285		
Fatty acids, total monounsaturated	g	1.630		0	MC	9		0.522		
Fatty acids, total polyunsaturated	g	1.820		0	MC	9		0.582		
Fatty acids, total trans	g									

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		1.23		
Energy....kcal	384		0	MC	9		188		
Energy....kJ	1607		0	MC	9		787		
Protein (N x 6.25)....g	8.78		0	MC	9		4.30		
Total lipid (fat)....g	5.56		0	MC	9		2.72		
Ash....g	3.43		0	MC	9		1.68		
Carbohydrate, by difference....g	79.69		0	MC	9		39.05		
Fiber, total dietary....g	7.4		0	MC	9		3.6		
Sugars, total....g									
Starch....g									
Minerals:									
* Calcium, Ca....mg	298		0	MC	9		146		
* Iron, Fe....mg	10.10		0	MC	9		4.95		
Magnesium, Mg....mg	105		0	MC	9		51		
Phosphorus, P....mg	316		0	MC	9		155		
Potassium, K....mg	327		0	MC	9		160		
Sodium, Na....mg	509		0	MC	9		249		
* Zinc, Zn....mg	12.00		0	MC	9		5.88		
Copper, Cu....mg	0.340		0	MC	9		0.167		
Manganese, Mn....mg	2.830		0	MC	9		1.387		
Selenium, Se....mcg	2.3		0	MC	9		1.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	3.2		0	MC	9		1.6		
* Thiamin....mg	1.200		0	MC	9		0.588		
* Riboflavin....mg	1.360		0	MC	9		0.666		
* Niacin....mg	16.000		0	MC	9		7.840		
Pantothenic acid....mg	0.620		0	MC	9		0.304		
* Vitamin B-6....mg	1.600		0	MC	9		0.784		
* Folate, total....mcg	889		0	MC	9		436		
Folic acid....mcg	870		0	NC	4		426		
Folate, food....mcg	19		0	CAAN	4		9		
Folate, DFE....mcg_DFE	1498		0	NC	4		734		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	480		0	NC	4		235		
Retinol....mcg	480		0	NC	4		235		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
* Vitamin A, IU....IU	1600		0	MC	9		784		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.160		0	MC	9		0.568		
Fatty acids, total monounsaturated....g	1.690		0	MC	9		0.828		
Fatty acids, total polyunsaturated....g	1.360		0	MC	9		0.666		
Fatty acids, total trans....g									

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08218

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.54		1	MC	9		1.81		
Energy ... kcal	417		0	MC	9		213		
Energy ... kJ	1746		0	MC	9		890		
Protein (N x 6.25) ... g	9.42		1	MC	9		4.80		
Total lipid (fat) ... g	11.33		1	MC	9		5.78		
Ash ... g	1.83		1	MC	9		0.93		
Carbohydrate, by difference ... g	73.88		1	MC	9		37.68		
Fiber, total dietary ... g	6.5		1	MC	9		3.3		
Sugars, total ... g	29.87		1	MC	9		15.23		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	108		1	MC	9		55		
Iron, Fe ... mg	2.58		1	MC	9		1.32		
Magnesium, Mg ... mg	101		1	MC	9		52		
Phosphorus, P ... mg	330		1	MC	9		168		
Potassium, K ... mg	485		1	MC	9		247		
Sodium, Na ... mg	54		1	MC	9		28		
Zinc, Zn ... mg	2.40		1	MC	9		1.22		
Copper, Cu ... mg	0.350		1	MC	9		0.179		
Manganese, Mn ... mg	2.340		1	MC	9		1.193		
Selenium, Se ... mcg	13.8		1	A	1		7.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	MC	9		0.3		
Thiamin ... mg	0.350		1	MC	9		0.179		
Riboflavin ... mg	0.250		1	MC	9		0.128		
Niacin ... mg	1.980		1	MC	9		1.010		
Pantothenic acid ... mg	0.800		1	MC	9		0.408		
Vitamin B-6 ... mg	0.210		1	MC	9		0.107		
Folate, total ... mcg	31		1	MC	9		16		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	31		0	NR	4		16		
Folate, DFE ... mcg_DFE	31		0	NC	4		16		
Choline, total ... mg	31.8		0	AS	1		16.2		
Betaine ... mg	135.2		1	A	1		68.9		
Vitamin B-12 ... mcg	0.21		1	MC	9		0.11		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	2		0	O	4		1		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	7		1	MC	9		3		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	96		0	FLM	4		49		
Vitamin E (alpha-tocopherol) ... mg	1.43		1	MC	9		0.73		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.7		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	6.970		1	MC	9		3.555		
4:0 ... g	0.002		0	FLM	4		0.001		

NDB No. 08218

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.045		0	FLM	4		0.023		
8:0 ... g	0.564		0	FLM	4		0.288		
10:0 ... g	0.448		0	FLM	4		0.229		
12:0 ... g	3.330		0	FLM	4		1.698		
13:0 ... g									
14:0 ... g	1.261		0	FLM	4		0.643		
15:0 ... g									
16:0 ... g	1.038		0	FLM	4		0.529		
17:0 ... g									
18:0 ... g	0.255		0	FLM	4		0.130		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.340		1	MC	9		1.193		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.024		0	FLM	4		0.012		
17:1 ... g									
18:1 undifferentiated ... g	2.315		0	FLM	4		1.181		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.490		1	MC	9		0.760		
18:2 undifferentiated ... g	1.447		0	FLM	4		0.738		
18:3 undifferentiated ... g	0.042		0	FLM	4		0.021		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		
Cholesterol ... mg	1		1	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08293

Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	393		0	MC	9		118		
Energy ... kJ	1645		0	MC	9		493		
Protein (N x 6.25) ... g	3.68		0	MC	9		1.10		
Total lipid (fat) ... g	3.45		0	MC	9		1.04		
Ash ... g	1.62		0	MC	9		0.49		
Carbohydrate, by difference ... g	88.74		0	MC	9		26.62		
Fiber, total dietary ... g	2.3		0	MC	9		0.7		
Sugars, total ... g	46.99		0	MC	9		14.10		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	MC	9		3		
* Iron, Fe ... mg	16.49		0	MC	9		4.95		
Magnesium, Mg ... mg	50		0	MC	9		15		
Phosphorus, P ... mg	150		0	MC	9		45		
Potassium, K ... mg	175		0	MC	9		53		
Sodium, Na ... mg	449		0	MC	9		135		
* Zinc, Zn ... mg	13.74		0	MC	9		4.12		
Copper, Cu ... mg	0.140		0	MC	9		0.042		
Manganese, Mn ... mg	0.350		0	MC	9		0.105		
Selenium, Se ... mcg	0.0		0	MC	9		0.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	22.0		0	MC	9		6.6		
* Thiamin ... mg	1.370		0	MC	9		0.411		
* Riboflavin ... mg	1.550		0	MC	9		0.465		
* Niacin ... mg	18.330		0	MC	9		5.499		
Pantothenic acid ... mg	0.350		0	MC	9		0.105		
* Vitamin B-6 ... mg	1.830		0	MC	9		0.549		
* Folate, total ... mcg	1400		0	MC	9		420		
Folic acid ... mcg	1381		0	NC	4		414		
Folate, food ... mcg	19		0	CAAN	4		6		
Folate, DFE ... mcg_DFE	2367		0	NC	4		710		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	551		0	NC	4		165		
Retinol ... mcg	551		0	NC	4		165		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1833		0	MC	9		550		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.870		0	MC	9		0.261		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08293
Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.004		0	FLM	4		0.001		
13:0 ... g									
14:0 ... g	0.012		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.599		0	FLM	4		0.180		
17:0 ... g									
18:0 ... g	0.250		0	FLM	4		0.075		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.600		0	MC	9		0.180		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	FLM	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.599		0	FLM	4		0.180		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.620		0	MC	9		0.186		
18:2 undifferentiated ... g	0.587		0	FLM	4		0.176		
18:3 undifferentiated ... g	0.035		0	FLM	4		0.011		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08215
Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		1	MC	9		1.50		
Energy ... kcal	379		1	MC	9		227		
Energy ... kJ	1584		0	MC	9		950		
Protein (N x 6.25) ... g	10.49		1	MC	9		6.29		
Total lipid (fat) ... g	4.48		1	MC	9		2.69		
Ash ... g	3.32		1	MC	9		1.99		
Carbohydrate, by difference ... g	79.21		1	MC	9		47.53		
Fiber, total dietary ... g	8.2		1	MC	9		4.9		
Sugars, total ... g	21.19		1	MC	9		12.71		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	195		1	MC	9		117		
* Iron, Fe ... mg	28.27		1	MC	9		16.96		
Magnesium, Mg ... mg	111		1	MC	9		67		
Phosphorus, P ... mg	349		1	MC	9		209		
Potassium, K ... mg	358		1	MC	9		215		
Sodium, Na ... mg	440		1	MC	9		264		
* Zinc, Zn ... mg	6.90		1	MC	9		4.14		
Copper, Cu ... mg	0.310		1	MC	9		0.186		
Manganese, Mn ... mg	3.160		1	MC	9		1.896		
Selenium, Se ... mcg	6.3		1	MC	9		3.8		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	11.0		1	MC	9		6.6		
* Thiamin ... mg	0.690		1	MC	9		0.414		
* Riboflavin ... mg	0.780		1	MC	9		0.468		
* Niacin ... mg	9.200		1	MC	9		5.520		
Pantothenic acid ... mg	0.630		1	MC	9		0.378		
* Vitamin B-6 ... mg	0.920		1	MC	9		0.552		
* Folate, total ... mcg	728		1	MC	9		437		
* Folic acid ... mcg	708		0	NR	4		425		
Folate, food ... mcg	19		0	CAZN	4		11		
Folate, DFE ... mcg_DFE	1222		0	NC	4		733		
Choline, total ... mg	32.1		0	FLM	4		19.3		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	276		0	NC	4		166		
Retinol ... mcg	270		0	NC	4		162		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	1		0	FLM	4		0		
* Vitamin A, IU ... IU	920		1	MC	9		552		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	137		0	FLM	4		82		
* Vitamin E (alpha-tocopherol) ... mg	2.48		1	MC	9		1.49		
* Vitamin E, added ... mg	2.48		0	NR	4		1.49		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.7		0	FLM	4		1.0		
Lipids:									
Fatty acids, total saturated ... g	0.800		1	MC	9		0.480		

NDB No. 08215
Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.014		0	FLM	4		0.008		
13:0....g									
14:0....g	0.007		0	FLM	4		0.004		
15:0....g									
16:0....g	0.677		0	FLM	4		0.406		
17:0....g									
18:0....g	0.043		0	FLM	4		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.470		1	MC	9		0.882		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	FLM	4		0.005		
17:1....g									
18:1 undifferentiated....g	1.461		0	FLM	4		0.876		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.420		0	FLM	4		0.852		
18:2 undifferentiated....g	1.357		0	FLM	4		0.814		
18:3 undifferentiated....g	0.062		0	FLM	4		0.037		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08294

Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.83		
Energy....kcal	394		0	MC	9		130		
Energy....kJ	1647		0	MC	9		543		
Protein (N x 6.25)....g	3.67		0	MC	9		1.21		
Total lipid (fat)....g	3.54		0	MC	9		1.17		
Ash....g	1.57		0	MC	9		0.52		
Carbohydrate, by difference....g	88.70		0	MC	9		29.27		
Fiber, total dietary....g	2.5		0	MC	9		0.8		
Sugars, total....g	48.29		0	MC	9		15.94		
Starch....g									
Minerals:									
* Calcium, Ca....mg	7		0	MC	9		2		
* Iron, Fe....mg	15.00		0	MC	9		4.95		
Magnesium, Mg....mg	53		0	MC	9		17		
Phosphorus, P....mg	150		0	MC	9		50		
Potassium, K....mg	189		0	MC	9		62		
Sodium, Na....mg	409		0	MC	9		135		
* Zinc, Zn....mg	12.50		0	MC	9		4.13		
Copper, Cu....mg	0.180		0	MC	9		0.059		
Manganese, Mn....mg	0.380		0	MC	9		0.125		
Selenium, Se....mcg	6.5		0	BFZN	4		2.1		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	20.0		0	MC	9		6.6		
* Thiamin....mg	1.250		0	MC	9		0.413		
* Riboflavin....mg	1.410		0	MC	9		0.465		
* Niacin....mg	16.670		0	MC	9		5.501		
Pantothenic acid....mg	0.290		0	MC	9		0.096		
* Vitamin B-6....mg	1.660		0	MC	9		0.548		
* Folate, total....mcg	1273		0	MC	9		420		
Folic acid....mcg	1254		0	NC	4		414		
Folate, food....mcg	19		0	CAAN	4		6		
Folate, DFE....mcg_DFE	2151		0	NC	4		710		
Choline, total....mg	5.0		0	FLM	4		1.7		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	475		0	NC	4		157		
Retinol....mcg	470		0	FLM	4		155		
Carotene, beta....mcg	46		0	FLM	4		15		
Carotene, alpha....mcg	30		0	FLM	4		10		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
* Vitamin A, IU....IU	1668		0	FLM	4		551		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	644		0	FLM	4		212		
Vitamin E (alpha-tocopherol)....mg	0.76		0	FLM	4		0.25		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.5		0	FLM	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.950		0	MC	9		0.314		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 08294
Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.016		0	FLM	4		0.005		
15:0....g									
16:0....g	0.783		0	FLM	4		0.258		
17:0....g									
18:0....g	0.136		0	FLM	4		0.045		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		0	MC	9		0.211		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.630		0	FLM	4		0.208		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0	MC	9		0.195		
18:2 undifferentiated....g	0.578		0	FLM	4		0.191		
18:3 undifferentiated....g	0.011		0	FLM	4		0.004		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	21		0	FLM	4		7		
Theobromine....mg	188		0	FLM	4		62		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08018

Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		1	MC	9		0.54		
Energy ... kcal	333		1	MC	9		90		
Energy ... kJ	1391		0	MC	9		376		
Protein (N x 6.25) ... g	6.40		1	MC	9		1.73		
Total lipid (fat) ... g	4.07		1	MC	9		1.10		
Ash ... g	3.41		1	MC	9		0.92		
Carbohydrate, by difference ... g	84.11		1	MC	9		22.71		
Fiber, total dietary ... g	17.3		1	MC	9		4.7		
Sugars, total ... g	20.75		1	MC	9		5.60		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	71		1	MC	9		19		
* Iron, Fe ... mg	30.98		1	MC	9		8.36		
Magnesium, Mg ... mg	61		1	MC	9		17		
Phosphorus, P ... mg	187		1	MC	9		51		
Potassium, K ... mg	239		1	MC	9		65		
Sodium, Na ... mg	872		1	MC	9		235		
* Zinc, Zn ... mg	15.30		1	MC	9		4.13		
Copper, Cu ... mg	0.160		1	MC	9		0.043		
Manganese, Mn ... mg	0.800		1	MC	9		0.216		
Selenium, Se ... mcg	12.0		0	BFZN	4		3.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
* Thiamin ... mg	0.510		1	MC	9		0.138		
* Riboflavin ... mg	1.730		1	MC	9		0.467		
* Niacin ... mg	20.390		1	MC	9		5.505		
Pantothenic acid ... mg	0.400		1	MC	9		0.108		
* Vitamin B-6 ... mg	2.040		1	MC	9		0.551		
* Folate, total ... mcg	1554		1	MC	9		420		
* Folic acid ... mcg	1535		0	NC	4		414		
Folate, food ... mcg	19		0	CAZN	4		5		
Folate, DFE ... mcg_DFE	2629		0	NC	4		710		
Choline, total ... mg	14.4		0	FLM	4		3.9		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... mcg_RAE	8		0	NC	4		2		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	70		0	FLM	4		19		
Carotene, alpha ... mcg	46		0	FLM	4		12		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	155		1	MC	9		42		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	943		0	FLM	4		255		
Vitamin E (alpha-tocopherol) ... mg	0.71		1	MC	9		0.19		
Vitamin E, added ... mg	0.00		0	FLM	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.3		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	2.033		1	MC	9		0.549		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08018
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.013		0	FLM	4		0.003		
8:0....g	0.160		0	FLM	4		0.043		
10:0....g	0.128		0	FLM	4		0.035		
12:0....g	0.956		0	FLM	4		0.258		
13:0....g									
14:0....g	0.360		0	FLM	4		0.097		
15:0....g									
16:0....g	0.328		0	FLM	4		0.088		
17:0....g									
18:0....g	0.078		0	FLM	4		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.761		1	MC	9		0.205		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.757		0	FLM	4		0.204		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.001		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.204		1	MC	9		0.325		
18:2 undifferentiated....g	1.166		0	FLM	4		0.315		
18:3 undifferentiated....g	0.038		0	FLM	4		0.010		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08297

Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.78		
Energy ... kcal	392		0	MC	9		122		
Energy ... kJ	1640		0	MC	9		508		
Protein ... g	4.87		0	MC	9		1.51		
Total lipid (fat) ... g	3.50		0	MC	9		1.09		
Ash ... g	1.92		0	MC	9		0.60		
Carbohydrate, by difference ... g	87.21		0	MC	9		27.04		
Fiber, total dietary ... g	2.6		0	MC	9		0.8		
Sugars, total ... g	43.25		0	MC	9		13.41		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	MC	9		3		
Iron, Fe ... mg	15.01		0	ML	5		4.65		
Magnesium, Mg ... mg	58		0	MC	9		18		
Phosphorus, P ... mg	176		0	MC	9		55		
Potassium, K ... mg	189		0	MC	9		59		
Sodium, Na ... mg	491		0	MC	9		152		
Zinc, Zn ... mg	12.51		0	ML	5		3.88		
Copper, Cu ... mg	0.150		0	MC	9		0.047		
Manganese, Mn ... mg	0.660		0	MC	9		0.205		
Selenium, Se ... mcg	6.5		0	RA	4		2.0		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	40.0		0	ML	5		12.4		
* Thiamin ... mg	1.250		0	ML	5		0.388		
* Riboflavin ... mg	1.410		0	ML	5		0.437		
* Niacin ... mg	16.680		0	ML	5		5.171		
Pantothenic acid ... mg	0.340		0	MC	9		0.105		
* Vitamin B-6 ... mg	1.660		0	ML	5		0.515		
* Folate, total ... mcg	334		0	ML	5		104		
Folic acid ... mcg	315		0	NC	4		98		
Folate, food ... mcg	19		0	CAZN	4		6		
Folate, DFE ... mcg_DFE	555		0	NC	4		172		
Choline, total ... mg	10.5		0	O	4		3.3		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	1002		0	NC	4		311		
Retinol ... mcg	1002		0	NC	4		311		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	3336		0	ML	5		1034		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.89		0	NR	4		0.28		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.5		0	O	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.920		0	MC	9		0.285		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08297
Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.003		0	FLM	4		0.001		
13:0....g									
14:0....g	0.006		0	FLM	4		0.002		
15:0....g									
16:0....g	0.636		0	FLM	4		0.197		
17:0....g									
18:0....g	0.260		0	FLM	4		0.081		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.730		0	MC	9		0.536		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	1.728		0	FLM	4		0.536		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0	MC	9		0.264		
18:2 undifferentiated....g	0.817		0	FLM	4		0.253		
18:3 undifferentiated....g	0.035		0	FLM	4		0.011		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08549

Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.30		1	MC	9		1.38		
Energy....kcal	373		1	MC	9		119		
Energy....kJ	1560		0	MC	9		499		
Protein (N x 6.25)....g	9.33		1	MC	9		2.99		
Total lipid (fat)....g	4.14		1	MC	9		1.32		
Ash....g	3.67		1	MC	9		1.17		
Carbohydrate, by difference....g	78.56		1	MC	9		25.14		
Fiber, total dietary....g	6.3		1	MC	9		2.0		
Sugars, total....g	23.12		1	MC	9		7.40		
Starch....g									
Minerals:									
* Calcium, Ca....mg	366		1	MC	9		117		
* Iron, Fe....mg	29.73		1	MC	9		9.51		
Magnesium, Mg....mg	90		1	MC	9		29		
Phosphorus, P....mg	391		1	MC	9		125		
Potassium, K....mg	269		1	MC	9		86		
Sodium, Na....mg	488		1	MC	9		156		
* Zinc, Zn....mg	13.82		1	MC	9		4.42		
Copper, Cu....mg	0.250		1	MC	9		0.080		
Manganese, Mn....mg	2.570		1	MC	9		0.822		
Selenium, Se....mcg	3.0		1	MC	9		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
* Thiamin....mg	1.380		1	MC	9		0.442		
* Riboflavin....mg	1.570		1	MC	9		0.502		
* Niacin....mg	18.420		1	MC	9		5.894		
Pantothenic acid....mg	0.530		1	MC	9		0.170		
* Vitamin B-6....mg	1.840		1	MC	9		0.589		
* Folate, total....mcg	1311		1	MC	9		420		
Folic acid....mcg									
Folate, food....mcg	1311		1	MC	9		420		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	38		1	MC	9		12		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.57		1	MC	9		0.18		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.770		1	MC	9		0.246		
Fatty acids, total monounsaturated....g	1.400		1	MC	9		0.448		
Fatty acids, total polyunsaturated....g	1.340		1	MC	9		0.429		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		

NDB No. 08549
Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08298

Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.10		0	MC	9		0.63		
Energy ... kcal	396		0	MC	9		119		
Energy ... kJ	1657		0	MC	9		497		
Protein ... g	5.79		0	MC	9		1.74		
Total lipid (fat) ... g	5.02		0	MC	9		1.51		
Ash ... g	2.80		0	MC	9		0.84		
Carbohydrate, by difference ... g	84.27		0	MC	9		25.28		
Fiber, total dietary ... g	4.2		0	MC	9		1.3		
Sugars, total ... g	47.27		0	MC	9		14.18		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	87		0	MC	9		26		
* Iron, Fe ... mg	15.00		0	ML	5		4.50		
Magnesium, Mg ... mg	56		0	MC	9		17		
Phosphorus, P ... mg	195		0	MC	9		59		
Potassium, K ... mg	139		0	MC	9		42		
Sodium, Na ... mg	640		0	MC	9		192		
* Zinc, Zn ... mg	12.50		0	ML	5		3.75		
Copper, Cu ... mg	0.210		0	MC	9		0.063		
Manganese, Mn ... mg	1.930		0	MC	9		0.579		
Selenium, Se ... mcg	19.8		0	MC	9		5.9		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	40.0		0	ML	5		12.0		
* Thiamin ... mg	1.250		0	ML	5		0.375		
* Riboflavin ... mg	1.410		0	ML	5		0.423		
* Niacin ... mg	16.670		0	ML	5		5.001		
Pantothenic acid ... mg	0.380		0	MC	9		0.114		
* Vitamin B-6 ... mg	1.660		0	ML	5		0.498		
* Folate, total ... mcg	333		0	ML	5		100		
Folic acid ... mcg	314		0	NC	4		94		
Folate, food ... mcg	19		0	CAZN	4		6		
Folate, DFE ... mcg_DFE	553		0	NC	4		166		
Choline, total ... mg	11.0		0	FLM	4		3.3		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	1001		0	NC	4		300		
Retinol ... mcg	1001		0	NR	4		300		
Carotene, beta ... mcg	0		0	FLM	4		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	3334		0	ML	5		1000		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.47		0	FLM	4		0.14		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.7		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	1.250		0	MC	9		0.375		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08298
Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.010		0	FLM	4		0.003		
13:0....g									
14:0....g	0.015		0	FLM	4		0.005		
15:0....g									
16:0....g	0.831		0	FLM	4		0.249		
17:0....g									
18:0....g	0.271		0	FLM	4		0.081		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.500		0	MC	9		0.750		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLM	4		0.001		
17:1....g									
18:1 undifferentiated....g	2.211		0	FLM	4		0.663		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0	MC	9		0.375		
18:2 undifferentiated....g	1.120		0	FLM	4		0.336		
18:3 undifferentiated....g	0.065		0	FLM	4		0.020		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08210

Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.30		1	MC	9		1.38		
Energy....kcal	373		1	MC	9		119		
Energy....kJ	1561		0	MC	9		499		
Protein (N x 6.25)....g	8.93		1	MC	9		2.86		
Total lipid (fat)....g	4.01		1	MC	9		1.28		
Ash....g	3.49		1	MC	9		1.12		
Carbohydrate, by difference....g	79.27		1	MC	9		25.37		
Fiber, total dietary....g	6.2		1	MC	9		2.0		
Sugars, total....g	26.12		1	MC	9		8.36		
Starch....g									
Minerals:									
* Calcium, Ca....mg	350		1	MC	9		112		
* Iron, Fe....mg	23.20		1	MC	9		7.42		
Magnesium, Mg....mg	86		1	MC	9		28		
Phosphorus, P....mg	376		1	MC	9		120		
Potassium, K....mg	258		1	MC	9		83		
Sodium, Na....mg	479		1	MC	9		153		
* Zinc, Zn....mg	13.77		1	MC	9		4.41		
Copper, Cu....mg	0.230		1	MC	9		0.074		
Manganese, Mn....mg	2.530		1	MC	9		0.810		
Selenium, Se....mcg	2.6		1	MC	9		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1	MC	9		0.0		
* Thiamin....mg	1.380		1	MC	9		0.442		
* Riboflavin....mg	1.560		1	MC	9		0.499		
* Niacin....mg	18.310		1	MC	9		5.859		
Pantothenic acid....mg	0.500		1	MC	9		0.160		
* Vitamin B-6....mg	1.830		1	MC	9		0.586		
* Folate, total....mcg	1319		1	MC	9		422		
Folic acid....mcg									
Folate, food....mcg	19		0	CAZN	4		6		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	35		1	MC	9		11		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.53		1	MC	9		0.17		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.750		1	MC	9		0.240		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.001		0	FLM	4		0.000		

NDB No. 08210
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.012		0	FLM	4		0.004		
13:0 ... g									
14:0 ... g	0.006		0	FLM	4		0.002		
15:0 ... g									
16:0 ... g	0.620		0	FLM	4		0.198		
17:0 ... g									
18:0 ... g	0.042		0	FLM	4		0.013		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.330		0	FLM	4		0.426		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	1.322		0	FLM	4		0.423		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.280		1	MC	9		0.410		
18:2 undifferentiated ... g	1.184		0	FLM	4		0.379		
18:3 undifferentiated ... g	0.056		0	FLM	4		0.018		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		
Cholesterol ... mg	0		1	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08049

Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.30		1	MC	9		1.38		
Energy ... kcal	373		1	MC	9		120		
Energy ... kJ	1563		0	MC	9		500		
Protein (N x 6.25) ... g	9.89		1	MC	9		3.16		
Total lipid (fat) ... g	4.39		1	MC	9		1.40		
Ash ... g	3.61		1	MC	9		1.16		
Carbohydrate, by difference ... g	77.81		1	MC	9		24.90		
Fiber, total dietary ... g	6.6		1	MC	9		2.1		
Sugars, total ... g	19.48		1	MC	9		6.23		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	349		1	MC	9		112		
* Iron, Fe ... mg	28.10		1	MC	9		8.99		
Magnesium, Mg ... mg	95		1	MC	9		31		
Phosphorus, P ... mg	414		1	MC	9		133		
Potassium, K ... mg	285		1	MC	9		91		
Sodium, Na ... mg	512		1	MC	9		164		
* Zinc, Zn ... mg	12.68		1	MC	9		4.06		
Copper, Cu ... mg	0.270		1	MC	9		0.086		
Manganese, Mn ... mg	2.730		1	MC	9		0.874		
Selenium, Se ... mcg	3.2		1	MC	9		1.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
* Thiamin ... mg	1.280		1	MC	9		0.410		
* Riboflavin ... mg	1.490		1	MC	9		0.477		
* Niacin ... mg	17.560		1	MC	9		5.619		
Pantothenic acid ... mg	0.570		1	MC	9		0.182		
* Vitamin B-6 ... mg	1.760		1	MC	9		0.563		
Folate, total ... mcg	839		1	MC	9		269		
* Folic acid ... mcg	820		0	NR	4		262		
Folate, food ... mcg	19		0	FLM	4		6		
Folate, DFE ... mcg_DFE	1413		0	NC	4		452		
Choline, total ... mg	28.5		0	FLM	4		9.1		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		1		
Retinol ... mcg	0		0	NR	4		0		
Carotene, beta ... mcg	19		0	NR	4		6		
Carotene, alpha ... mcg	12		0	NR	4		4		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	40		1	MC	9		13		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	120		0	FLM	4		38		
Vitamin E (alpha-tocopherol) ... mg	0.60		1	MC	9		0.19		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.4		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.820		1	MC	9		0.262		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08049
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.002		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.013		0	FLM	4		0.004		
13:0....g									
14:0....g	0.007		0	FLM	4		0.002		
15:0....g									
16:0....g	0.695		0	FLM	4		0.222		
17:0....g									
18:0....g	0.048		0	FLM	4		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.490		1	MC	9		0.477		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	1.481		0	FLM	4		0.474		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.420		1	MC	9		0.454		
18:2 undifferentiated....g	1.359		0	FLM	4		0.435		
18:3 undifferentiated....g	0.060		0	FLM	4		0.019		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08214
Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.75		0	MC	9		1.54		
Energy ... kcal	378		0	MC	9		212		
Energy ... kJ	1583		0	MC	9		887		
Protein (N x 6.25) ... g	11.04		0	MC	9		6.18		
Total lipid (fat) ... g	4.32		0	MC	9		2.42		
Ash ... g	3.54		0	MC	9		1.98		
Carbohydrate, by difference ... g	78.34		0	MC	9		43.87		
Fiber, total dietary ... g	7.1		0	MC	9		4.0		
Sugars, total ... g	16.10		0	LC	8		9.02		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	201		0	MC	9		113		
* Iron, Fe ... mg	30.48		0	MC	9		17.07		
Magnesium, Mg ... mg	117		0	MC	9		66		
Phosphorus, P ... mg	367		0	MC	9		206		
Potassium, K ... mg	366		0	MC	9		205		
Sodium, Na ... mg	480		0	MC	9		269		
* Zinc, Zn ... mg	7.57		0	MC	9		4.24		
Copper, Cu ... mg	0.320		0	MC	9		0.179		
Manganese, Mn ... mg	3.240		0	MC	9		1.814		
Selenium, Se ... mcg	6.9		0	MC	9		3.9		
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	11.4		0	MC	9		6.4		
* Thiamin ... mg	0.690		0	MC	9		0.386		
* Riboflavin ... mg	0.850		0	MC	9		0.476		
* Niacin ... mg	10.050		0	MC	9		5.628		
Pantothenic acid ... mg	0.600		0	MC	9		0.336		
* Vitamin B-6 ... mg	0.980		0	MC	9		0.549		
* Folate, total ... mcg	785		0	MC	9		440		
Folic acid ... mcg	766		0	NC	4		429		
Folate, food ... mcg	19		0	CAAN	4		11		
Folate, DFE ... mcg_DFE	1321		0	NC	4		740		
Choline, total ... mg	26.9		0	O	4		15.1		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	298		0	NC	4		167		
Retinol ... mcg	298		0	NC	4		167		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
* Vitamin A, IU ... IU	991		0	MC	9		555		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol) ... mg	2.47		0	NC	4		1.38		
* Vitamin E, added ... mg	2.47		0	NC	4		1.38		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.1		0	FLM	4		1.2		
Lipids:									
Fatty acids, total saturated ... g	0.900		0	MC	9		0.504		

NDB No. 08214
Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.008		0	FLM	4		0.004		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.014		0	FLM	4		0.008		
13:0....g									
14:0....g	0.008		0	FLM	4		0.005		
15:0....g									
16:0....g	0.761		0	FLM	4		0.426		
17:0....g									
18:0....g	0.048		0	FLM	4		0.027		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.450		0	MC	9		0.812		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLM	4		0.007		
17:1....g									
18:1 undifferentiated....g	1.437		0	FLM	4		0.804		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.760		0	MC	9		0.986		
18:2 undifferentiated....g	1.679		0	FLM	4		0.940		
18:3 undifferentiated....g	0.078		0	FLM	4		0.044		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08216

Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		2.28		
Energy	kcal	372		0	MC	9		212		
Energy	kJ	1555		0	MC	9		886		
Protein (N x 6.25)	g	12.38		0	MC	9		7.06		
Total lipid (fat)	g	5.11		0	MC	9		2.91		
Ash	g	3.60		0	MC	9		2.05		
Carbohydrate, by difference	g	74.89		0	MC	9		42.69		
Fiber, total dietary	g	9.9		0	MC	9		5.6		
Sugars, total	g	16.34		0	MC	9		9.31		
Starch	g									
Minerals:										
Calcium, Ca	mg	191		0	MC	9		109		
Iron, Fe	mg	29.95		0	MC	9		17.07		
Magnesium, Mg	mg	168		0	MC	9		96		
Phosphorus, P	mg	518		0	MC	9		295		
Potassium, K	mg	438		0	MC	9		250		
Sodium, Na	mg	364		0	MC	9		207		
Zinc, Zn	mg	6.95		0	MC	9		3.96		
Copper, Cu	mg	0.320		0	MC	9		0.182		
Manganese, Mn	mg	3.850		0	MC	9		2.195		
Selenium, Se	mcg	7.0		0	MC	9		4.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.6		0	MC	9		6.6		
* Thiamin	mg	0.720		0	MC	9		0.410		
* Riboflavin	mg	0.820		0	MC	9		0.467		
* Niacin	mg	9.640		0	MC	9		5.495		
Pantothenic acid	mg	0.850		0	MC	9		0.485		
* Vitamin B-6	mg	0.960		0	MC	9		0.547		
* Folate, total	mcg	737		0	MC	9		420		
Folic acid	mcg	718		0	NC	4		409		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	1240		0	NC	4		707		
Choline, total	mg	25.0		0	FLM	4		14.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	290		0	NC	4		165		
Retinol	mcg	290		0	NC	4		165		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	965		0	MC	9		550		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)	mg	2.47		0	MC	9		1.41		
* Vitamin E, added	mg	2.47		0	NR	4		1.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.2		
Lipids:										
Fatty acids, total saturated	g	0.910		0	MC	9		0.519		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08216
Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.003		0	FLM	4		0.002		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.015		0	FLM	4		0.009		
13:0....g									
14:0....g	0.010		0	FLM	4		0.006		
15:0....g									
16:0....g	0.773		0	FLM	4		0.441		
17:0....g									
18:0....g	0.054		0	FLM	4		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.570		0	MC	9		0.895		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLM	4		0.006		
17:1....g									
18:1 undifferentiated....g	1.559		0	FLM	4		0.889		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.040		0	MC	9		1.163		
18:2 undifferentiated....g	1.954		0	FLM	4		1.114		
18:3 undifferentiated....g	0.086		0	FLM	4		0.049		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLM	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1.25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08066
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.91		0	MC	9		0.55		
Energy....kcal	383		0	MC	9		54		
Energy....kJ	1604		0	MC	9		225		
Protein (N x 6.25)....g	7.00		0	MC	9		0.98		
Total lipid (fat)....g	0.90		0	MC	9		0.13		
Ash....g	0.40		0	MC	9		0.06		
Carbohydrate, by difference....g	87.77		0	MC	9		12.29		
Fiber, total dietary....g	1.4		0	MC	9		0.2		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	MC	9		1		
Iron, Fe....mg	2.86		0	MC	9		0.40		
Magnesium, Mg....mg	30		0	MC	9		4		
Phosphorus, P....mg	118		0	MC	9		17		
Potassium, K....mg	116		0	MC	9		16		
Sodium, Na....mg	5		0	MC	9		1		
Zinc, Zn....mg	1.10		0	MC	9		0.15		
Copper, Cu....mg	0.940		0	MC	9		0.132		
Manganese, Mn....mg	0.940		0	MC	9		0.132		
Selenium, Se....mcg	10.5	1.535	6	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.440		0	MC	9		0.062		
Riboflavin....mg	0.260		0	MC	9		0.036		
Niacin....mg	3.520		0	MC	9		0.493		
Pantothenic acid....mg	0.340		0	MC	9		0.048		
Vitamin B-6....mg	0.000		0	MC	9		0.000		
Folate, total....mcg	154		0	MC	9		22		
Folic acid....mcg	150		0	NC	4		21		
Folate, food....mcg	4		0	CAAN	4		1		
Folate, DFE....mcg_DFE	259		0	NC	4		36		
Choline, total....mg	8.4		0	BFZN	4		1.2		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLA	4		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.1		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.320		0	MC	9		0.045		

NDB No. 08066
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.007		0	FLA	4		0.001		
15:0....g									
16:0....g	0.286		0	FLA	4		0.040		
17:0....g									
18:0....g	0.021		0	FLA	4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.180		0	MC	9		0.025		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.177		0	FLA	4		0.025		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	MC	9		0.048		
18:2 undifferentiated....g	0.281		0	FLA	4		0.039		
18:3 undifferentiated....g	0.060		0	FLA	4		0.008		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08146

Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.69		0	MC	9		0.55		
Energy ... kcal	366		0	MC	9		55		
Energy ... kJ	1530		0	MC	9		229		
Protein (N x 6.25) ... g	16.26		0	MC	9		2.44		
Total lipid (fat) ... g	2.15		0	MC	9		0.32		
Ash ... g	1.50		0	MC	9		0.23		
Carbohydrate, by difference ... g	76.39		0	MC	9		11.46		
Fiber, total dietary ... g	9.4		0	MC	9		1.4		
Sugars, total ... g	1.36		0	MC	9		0.20		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	MC	9		4		
Iron, Fe ... mg	4.40		0	MC	9		0.66		
Magnesium, Mg ... mg	133		0	MC	9		20		
Phosphorus, P ... mg	331		0	MC	9		50		
Potassium, K ... mg	364		0	MC	9		55		
Sodium, Na ... mg	5		0	MC	9		1		
Zinc, Zn ... mg	3.07		0	MC	9		0.46		
Copper, Cu ... mg	0.610		0	MC	9		0.092		
Manganese, Mn ... mg	2.000		0	MC	9		0.300		
Selenium, Se ... mcg	123.1	5.634	14	A	1		18.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.630		0	MC	9		0.095		
Riboflavin ... mg	0.390		0	MC	9		0.059		
Niacin ... mg	5.280		0	MC	9		0.792		
Pantothenic acid ... mg	0.480		0	MC	9		0.072		
Vitamin B-6 ... mg	0.130		0	MC	9		0.020		
Folate, total ... mcg	154		0	MC	9		23		
Folic acid ... mcg	150		0	NC	4		23		
Folate, food ... mcg	4		0	CAAN	4		1		
Folate, DFE ... mcg_DFE	259		0	NC	4		39		
Choline, total ... mg	23.1		0	BFZN	4		3.5		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	Z	7		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.0		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	0.410		0	MC	9		0.062		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08146
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0	FLM	4		0.000		
8:0 ....g	0.009		0	FLM	4		0.001		
10:0 ....g	0.000		0	FLM	4		0.000		
12:0 ....g	0.000		0	FLM	4		0.000		
13:0 ....g									
14:0 ....g	0.005		0	FLM	4		0.001		
15:0 ....g									
16:0 ....g	0.358		0	FLM	4		0.054		
17:0 ....g									
18:0 ....g	0.020		0	FLM	4		0.003		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.310		0	MC	9		0.047		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.037		0	FLM	4		0.006		
17:1 ....g									
18:1 undifferentiated ....g	0.272		0	FLM	4		0.041		
20:1 ....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ....g	0.000		0	FLM	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.070		0	MC	9		0.161		
18:2 undifferentiated ....g	1.008		0	FLM	4		0.151		
18:3 undifferentiated ....g	0.059		0	FLM	4		0.009		
18:4 ....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.003		0	FLM	4		0.000		
20:5 n-3 (EPA) ....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7		0.0		
Caffeine ....mg	0		0	FLM	4		0		
Theobromine ....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08299
Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.22		0	MC	9		0.75		
Energy ... kcal	391		0	MC	9		133		
Energy ... kJ	1634		0	MC	9		556		
Protein (N x 6.25) ... g	6.76		0	MC	9		2.30		
Total lipid (fat) ... g	1.93		0	MC	9		0.66		
Ash ... g	1.09		0	MC	9		0.37		
Carbohydrate, by difference ... g	87.99		0	MC	9		29.92		
Fiber, total dietary ... g	3.4		0	MC	9		1.1		
Sugars, total ... g	47.47		0	MC	9		16.14		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0	MC	9		3		
Iron, Fe ... mg	1.90		0	MC	9		0.65		
Magnesium, Mg ... mg	57		0	MC	9		19		
Phosphorus, P ... mg	141		0	MC	9		48		
Potassium, K ... mg	148		0	MC	9		50		
Sodium, Na ... mg	236		0	MC	9		80		
Zinc, Zn ... mg	1.24		0	MC	9		0.42		
Copper, Cu ... mg	0.230		0	MC	9		0.078		
Manganese, Mn ... mg	0.890		0	MC	9		0.303		
Selenium, Se ... mcg	6.5		0	BFZN	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.140		0	MC	9		0.048		
Riboflavin ... mg	0.110		0	MC	9		0.037		
Niacin ... mg	4.300		0	MC	9		1.462		
Pantothenic acid ... mg	0.310		0	MC	9		0.105		
Vitamin B-6 ... mg	0.050		0	MC	9		0.017		
Folate, total ... mcg	19		0	MC	9		6		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	19		0	MC	9		6		
Folate, DFE ... mcg_DFE	19		0	NC	4		6		
Choline, total ... mg	14.5		0	FLM	4		4.9		
Betaine ... mg									
Vitamin B-12 ... mcg	0.15		0	MC	9		0.05		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	4		0	MC	9		1		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	1.04		0	MC	9		0.35		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.3		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated ... g	0.360		0	MC	9		0.122		

NDB No. 08299
Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.010		0	FLM	4		0.003		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.003		0	FLM	4		0.001		
15:0....g									
16:0....g	0.271		0	FLM	4		0.092		
17:0....g									
18:0....g	0.068		0	FLM	4		0.023		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.430		0	MC	9		0.146		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.421		0	FLM	4		0.143		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.930		0	MC	9		0.316		
18:2 undifferentiated....g	0.869		0	FLM	4		0.296		
18:3 undifferentiated....g	0.058		0	FLM	4		0.020		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08548

Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		1	MC	9		1.23		
Energy....kcal	383		0	MC	9		188		
Energy....kJ	1602		0	MC	9		785		
Protein (N x 6.25)....g	9.38		1	MC	9		4.60		
Total lipid (fat)....g	4.22		1	MC	9		2.07		
Ash....g	3.51		1	MC	9		1.72		
Carbohydrate, by difference....g	80.39		1	MC	9		39.39		
Fiber, total dietary....g	5.6		1	MC	9		2.8		
Sugars, total....g	23.76		1	MC	9		11.64		
Starch....g									
Minerals:									
* Calcium, Ca....mg	357		1	MC	9		175		
* Iron, Fe....mg	18.65		1	MC	9		9.14		
Magnesium, Mg....mg	75		1	MC	9		37		
Phosphorus, P....mg	250		1	MC	9		122		
Potassium, K....mg	234		1	MC	9		115		
Sodium, Na....mg	560		1	MC	9		275		
* Zinc, Zn....mg	14.56		1	MC	9		7.13		
Copper, Cu....mg	0.210		1	MC	9		0.103		
Manganese, Mn....mg	2.190		1	MC	9		1.073		
Selenium, Se....mcg	1.0		1	MC	9		0.5		
Vitamins:									
* Vitamin C, total ascorbic acid....mg	4.1		1	MC	9		2.0		
* Thiamin....mg	1.490		1	MC	9		0.730		
* Riboflavin....mg	1.650		1	MC	9		0.809		
* Niacin....mg	19.410		1	MC	9		9.511		
Pantothenic acid....mg	0.530		1	MC	9		0.260		
* Vitamin B-6....mg	1.900		1	MC	9		0.931		
* Folate, total....mcg	896		1	MC	9		439		
Folic acid....mcg									
Folate, food....mcg	896		1	MC	9		439		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
* Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.270		1	MC	9		0.622		
Fatty acids, total monounsaturated....g	1.240		1	MC	9		0.608		
Fatty acids, total polyunsaturated....g	1.170		1	MC	9		0.573		
Fatty acids, total trans....g									

NDB No. 08548
Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08219

Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1	MC	9		1.23		
Energy	kcal	384		1	MC	9		188		
Energy	kJ	1606		0	MC	9		787		
Protein (N x 6.25)	g	9.01		1	MC	9		4.41		
Total lipid (fat)	g	4.07		1	MC	9		1.99		
Ash	g	3.17		1	MC	9		1.55		
Carbohydrate, by difference	g	81.24		1	MC	9		39.81		
Fiber, total dietary	g	5.5		1	MC	9		2.7		
Sugars, total	g	25.03		1	MC	9		12.26		
Starch	g									
Minerals:										
* Calcium, Ca	mg	337		1	MC	9		165		
* Iron, Fe	mg	17.64		1	MC	9		8.64		
Magnesium, Mg	mg	73		1	MC	9		36		
Phosphorus, P	mg	241		1	MC	9		118		
Potassium, K	mg	227		1	MC	9		111		
Sodium, Na	mg	465		1	MC	9		228		
* Zinc, Zn	mg	13.76		1	MC	9		6.74		
Copper, Cu	mg	0.210		1	MC	9		0.103		
Manganese, Mn	mg	2.120		1	MC	9		1.039		
Selenium, Se	mcg	1.0		1	MC	9		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		1	MC	9		1.9		
* Thiamin	mg	1.400		1	MC	9		0.686		
* Riboflavin	mg	1.560		1	MC	9		0.764		
* Niacin	mg	18.340		1	MC	9		8.987		
Pantothenic acid	mg	0.510		1	MC	9		0.250		
* Vitamin B-6	mg	1.800		1	MC	9		0.882		
* Folate, total	mcg	847		1	MC	9		415		
* Folic acid	mcg	822		0	NC	4		403		
Folate, food	mcg	24		0	FLM	4		12		
Folate, DFE	mcg_DFE	1422		0	NC	4		697		
Choline, total	mg	28.3		0	FLM	4		13.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	325		0	NC	4		159		
Retinol	mcg	324		0	NR	4		159		
Carotene, beta	mcg	1		0	FLM	4		0		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
* Vitamin A, IU	IU	1081		1	MC	9		530		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	134		0	FLM	4		65		
* Vitamin E (alpha-tocopherol)	mg	6.60		1	MC	9		3.23		
* Vitamin E, added	mg	6.04		0	NR	4		2.96		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	1.250		1	MC	9		0.613		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08219

Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.003		0	FLM	4		0.002		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.021		0	FLM	4		0.010		
13:0 ... g									
14:0 ... g	0.011		0	FLM	4		0.006		
15:0 ... g									
16:0 ... g	1.058		0	FLM	4		0.518		
17:0 ... g									
18:0 ... g	0.069		0	FLM	4		0.034		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	1.190		1	MC	9		0.583		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.007		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.183		0	FLM	4		0.579		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	1.120		1	MC	9		0.549		
18:2 undifferentiated ... g	1.071		0	FLM	4		0.525		
18:3 undifferentiated ... g	0.048		0	FLM	4		0.024		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.010		1	MC	9		0.005		
Cholesterol ... mg	0		1	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08212

Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.37		0	MC	9		0.78		
Energy....kcal	467		0	MC	9		266		
Energy....kJ	1954		0	MC	9		1114		
Protein (N x 6.25)....g	11.77		0	MC	9		6.71		
Total lipid (fat)....g	18.02		0	MC	9		10.27		
Ash....g	1.62		0	MC	9		0.92		
Carbohydrate, by difference....g	67.20		0	MC	9		38.30		
Fiber, total dietary....g	5.2		0	MC	9		3.0		
Sugars, total....g	20.42		0	MC	9		11.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	86		0	MC	9		49		
Iron, Fe....mg	4.35		0	MC	9		2.48		
Magnesium, Mg....mg	91		0	MC	9		52		
Phosphorus, P....mg	294		0	MC	9		168		
Potassium, K....mg	388		0	MC	9		221		
Sodium, Na....mg	33		0	MC	9		19		
Zinc, Zn....mg	2.00		0	MC	9		1.14		
Copper, Cu....mg	0.290		0	MC	9		0.165		
Manganese, Mn....mg	2.680		0	MC	9		1.528		
Selenium, Se....mcg	17.3		0	BFZN	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg	0.310		0	MC	9		0.177		
Riboflavin....mg	0.180		0	MC	9		0.103		
Niacin....mg	0.950		0	MC	9		0.542		
Pantothenic acid....mg	0.570		0	MC	9		0.325		
Vitamin B-6....mg	0.120		0	MC	9		0.068		
Folate, total....mcg	34		0	MC	9		19		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	34		0	MC	9		19		
Folate, DFE....mcg_DFE	34		0	NC	4		19		
Choline, total....mg	35.0		0	FLM	4		20.0		
Betaine....mg									
Vitamin B-12....mcg	0.07		0	MC	9		0.04		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	3.85		0	FLM	4		2.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	4.4		0	FLM	4		2.5		
Lipids:									
Fatty acids, total saturated....g	2.220		0	MC	9		1.265		
4:0....g	0.001		0	FLM	4		0.001		

NDB No. 08212

Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.011		0	FLM	4		0.006		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.016		0	FLM	4		0.009		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	1.622		0	FLM	4		0.925		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.528		0	FLM	4		0.301		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	5.840		0	MC	9		3.329		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.047		0	FLM	4		0.027		
17:1 ... g									
18:1 undifferentiated ... g	5.786		0	FLM	4		3.298		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	3.180		0	MC	9		1.813		
18:2 undifferentiated ... g	3.014		0	FLM	4		1.718		
18:3 undifferentiated ... g	0.161		0	FLM	4		0.091		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08059

Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		1	MC	9		0.54		
Energy ... kcal	405		1	MC	9		109		
Energy ... kJ	1695		0	MC	9		458		
Protein (N x 6.25) ... g	4.50		1	MC	9		1.22		
Total lipid (fat) ... g	6.07		1	MC	9		1.64		
Ash ... g	2.39		1	MC	9		0.65		
Carbohydrate, by difference ... g	85.03		1	MC	9		22.96		
Fiber, total dietary ... g	2.3		1	MC	9		0.6		
Sugars, total ... g	43.36		1	MC	9		11.71		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		1	MC	9		2		
* Iron, Fe ... mg	18.35		1	MC	9		4.95		
Magnesium, Mg ... mg	55		1	MC	9		15		
Phosphorus, P ... mg	168		1	MC	9		45		
Potassium, K ... mg	187		1	MC	9		50		
Sodium, Na ... mg	740		1	MC	9		200		
* Zinc, Zn ... mg	15.29		1	MC	9		4.13		
Copper, Cu ... mg	0.210		1	MC	9		0.057		
Manganese, Mn ... mg	0.660		1	MC	9		0.178		
Selenium, Se ... mcg	6.5		0	O	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
* Thiamin ... mg	1.530		1	MC	9		0.413		
* Riboflavin ... mg	1.730		1	MC	9		0.467		
* Niacin ... mg	20.380		1	MC	9		5.503		
Pantothenic acid ... mg	0.360		1	MC	9		0.097		
* Vitamin B-6 ... mg	2.040		1	MC	9		0.551		
Folate, total ... mcg	1555		1	MC	9		420		
* Folic acid ... mcg	1536		0	NC	4		415		
Folate, food ... mcg	19		0	CAZN	4		5		
Folate, DFE ... mcg_DFE	2630		0	NC	4		710		
Choline, total ... mg	9.3		0	FLM	4		2.5		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin B-12, added ... mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... mcg_RAE	45		0	NC	4		12		
Retinol ... mcg	17		0	NR	4		4		
Carotene, beta ... mcg	39		0	FLM	4		11		
Carotene, alpha ... mcg	26		0	FLM	4		7		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
Vitamin A, IU ... IU	148		1	MC	9		40		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	572		0	FLM	4		154		
Vitamin E (alpha-tocopherol) ... mg	0.15		0	FLM	4		0.04		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	0.4		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated ... g	4.440		1	MC	9		1.199		
4:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08059
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ....g	0.029		0	FLM	4		0.008		
8:0 ....g	0.361		0	FLM	4		0.097		
10:0 ....g	0.289		0	FLM	4		0.078		
12:0 ....g	2.150		0	FLM	4		0.581		
13:0 ....g									
14:0 ....g	0.811		0	FLM	4		0.219		
15:0 ....g									
16:0 ....g	0.625		0	FLM	4		0.169		
17:0 ....g									
18:0 ....g	0.159		0	FLM	4		0.043		
20:0 ....g	0.002		0	FLM	4		0.001		
22:0 ....g	0.000		0	FLM	4		0.000		
24:0 ....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ....g	0.690		1	MC	9		0.186		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.003		0	FLM	4		0.001		
17:1 ....g									
18:1 undifferentiated ....g	0.687		0	FLM	4		0.185		
20:1 ....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ....g	0.001		0	FLM	4		0.000		
24:1 c ....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ....g	0.850		1	MC	9		0.230		
18:2 undifferentiated ....g	0.823		0	FLM	4		0.222		
18:3 undifferentiated ....g	0.027		0	FLM	4		0.007		
18:4 ....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ....g	0.000		1	MC	9		0.000		
Cholesterol ....mg	0		1	MC	9		0		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	FLM	4		0.0		
Caffeine ....mg	0		0	FLM	4		0		
Theobromine ....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08365

Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.46		0	MC	9				
Energy ... kcal	343		0	MC	9				
Energy ... kJ	1435		0	MC	9				
Protein (N x 6.25) ... g	11.09		0	MC	9				
Total lipid (fat) ... g	1.98		0	MC	9				
Ash ... g	1.52		0	MC	9				
Carbohydrate, by difference ... g	79.93		0	MC	9				
Fiber, total dietary ... g	11.6		0	MC	9				
Sugars, total ... g	0.80		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	45		0	MC	9				
Iron, Fe ... mg	3.28		0	MC	9				
Magnesium, Mg ... mg	170		0	MC	9				
Phosphorus, P ... mg	357		0	MC	9				
Potassium, K ... mg	354		0	MC	9				
Sodium, Na ... mg	4		0	MC	9				
Zinc, Zn ... mg	2.51		0	MC	9				
Copper, Cu ... mg	0.500		0	MC	9				
Manganese, Mn ... mg	3.070		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9				
Thiamin ... mg	0.220		0	MC	9				
Riboflavin ... mg	0.100		0	MC	9				
Niacin ... mg	5.170		0	MC	9				
Pantothenic acid ... mg	0.810		0	MC	9				
Vitamin B-6 ... mg	0.250		0	MC	9				
Folate, total ... mcg	50		0	MC	9				
Folic acid ... mcg									
Folate, food ... mcg	50		0	MC	9				
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.400		0	MC	9				
Fatty acids, total monounsaturated ... g	0.300		0	MC	9				
Fatty acids, total polyunsaturated ... g	1.200		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08365

Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08362

Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.50		0	MC	9				
Energy ... kcal	380		0	MC	9				
Energy ... kJ	1588		0	MC	9				
Protein (N x 6.25) ... g	9.23		0	MC	9				
Total lipid (fat) ... g	5.10		0	MC	9				
Ash ... g	4.23		0	MC	9				
Carbohydrate, by difference ... g	77.91		0	MC	9				
Fiber, total dietary ... g	6.6		0	MC	9				
Sugars, total ... g	7.99		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	41		0	MC	9				
* Iron, Fe ... mg	29.53		0	MC	9				
Magnesium, Mg ... mg	97		0	MC	9				
Phosphorus, P ... mg	385		0	MC	9				
Potassium, K ... mg	288		0	MC	9				
Sodium, Na ... mg	953		0	MC	9				
* Zinc, Zn ... mg	13.75		0	MC	9				
Copper, Cu ... mg	0.210		0	MC	9				
Manganese, Mn ... mg	2.940		0	MC	9				
Selenium, Se ... mcg	0.1		0	MC	9				
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	22.0		0	MC	9				
* Thiamin ... mg	0.680		0	MC	9				
* Riboflavin ... mg	1.590		0	MC	9				
* Niacin ... mg	18.330		0	MC	9				
Pantothenic acid ... mg	0.480		0	MC	9				
* Vitamin B-6 ... mg	1.830		0	MC	9				
* Folate, total ... mcg	1400		0	MC	9				
Folic acid ... mcg	1381		0	NC	4				
Folate, food ... mcg	19		0	CAAN	4				
Folate, DFE ... mcg_DFE	2367		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	551		0	NC	4				
Retinol ... mcg	551		0	NC	4				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
* Vitamin A, IU ... IU	1834		1	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.910		0	MC	9				
Fatty acids, total monounsaturated ... g	1.770		0	MC	9				
Fatty acids, total polyunsaturated ... g	1.460		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08362
Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08505

Cereals ready-to-eat, Ralston Corn Biscuits

Ralston Foods

Includes USDA Commodity Corn Squares B851

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.59	0.056	3	A	1		1.08	1.11	
Energy....kcal	367		1	LC	8		110	114	
Energy....kJ	1536		1	LC	8		461	476	
Protein....g	5.83	0.041	3	A	1		1.75	1.81	
Total lipid (fat)....g	1.05	0.003	3	A	1		0.32	0.33	
Ash....g	3.74	0.015	3	A	1		1.12	1.16	
Carbohydrate, by difference....g	85.79		0	NC	4		25.74	26.60	
Fiber, total dietary....g	2.6	0.146	3	A	1		0.8	0.8	
Sugars, total....g	9.51	0.078	3	A	1		2.85	2.95	
Sucrose....g	9.51	0.078	3	A	1		2.85	2.95	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	378	7.265	3	A	1		113	117	
Iron, Fe....mg	38.37	0.684	3	A	1		11.51	11.89	
Magnesium, Mg....mg	15	0.133	3	A	1		4	5	
Phosphorus, P....mg	38	0.549	3	A	1		11	12	
Potassium, K....mg	90	2.150	3	A	1		27	28	
Sodium, Na....mg	1070	5.774	3	A	1		321	332	
Zinc, Zn....mg	17.13	0.273	3	A	1		5.14	5.31	
Copper, Cu....mg	0.073	0.003	3	A	1		0.022	0.023	
Manganese, Mn....mg	0.223	0.003	3	A	1		0.067	0.069	
Selenium, Se....mcg	2.2	0.000	3	A	1		0.7	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.5	1.572	3	A	1		5.5	5.7	
Thiamin....mg	1.520	0.078	3	A	1		0.456	0.471	
Riboflavin....mg	1.697	0.137	3	A	1		0.509	0.526	
Niacin....mg	21.833	0.203	3	A	1		6.550	6.768	
Pantothenic acid....mg	0.117	0.005	3	A	1		0.035	0.036	
Vitamin B-6....mg	2.230	0.032	3	A	1		0.669	0.691	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg	11.0		0	AS	1		3.3	3.4	
Betaine....mg	7.1		1	A	1		2.1	2.2	
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	307		0	AS	1		92	95	
Vitamin A, IU....IU	1170		0	AS	1		351	363	
Lycopene....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.10	0.038	3	A	1		0.03	0.03	
Tocopherol, beta....mg	0.00	0.005	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.09	0.012	3	A	1		0.03	0.03	
Tocopherol, delta....mg	0.01	0.005	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.193		0	NC	4		0.058	0.060	
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 08505
Cereals ready-to-eat, Ralston Corn Biscuits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000	0.000	3	A	1		0.000	0.000	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	0.173	0.007	3	A	1		0.052	0.054	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.020	0.000	3	A	1		0.006	0.006	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.133		0	NC	4		0.040	0.041	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	0.133	0.012	3	A	1		0.040	0.041	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.347		0	NC	4		0.104	0.107	
18:2 undifferentiated g	0.327	0.013	3	A	1		0.098	0.101	
18:3 undifferentiated g	0.020	0.000	3	A	1		0.006	0.006	
18:4 g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.030		0	A	1		0.009	0.009	
Threonine g	0.243		0	A	1		0.073	0.075	
Isoleucine g	0.253		0	A	1		0.076	0.078	
Leucine g	1.036		0	A	1		0.311	0.321	
Lysine g	0.053		0	A	1		0.016	0.017	
Methionine g	0.103		0	A	1		0.031	0.032	
Cystine g	0.087		0	A	1		0.026	0.027	
Phenylalanine g	0.403		0	A	1		0.121	0.125	
Tyrosine g	0.190		0	A	1		0.057	0.059	
Valine g	0.297		0	A	1		0.089	0.092	
Arginine g	0.157		0	A	1		0.047	0.049	
Histidine g	0.163		0	A	1		0.049	0.051	
Alanine g	0.590		0	A	1		0.177	0.183	
Aspartic acid g	0.666		0	A	1		0.200	0.207	
Glutamic acid g	1.563		0	A	1		0.469	0.485	
Glycine g	0.197		0	A	1		0.059	0.061	
Proline g	0.933		0	A	1		0.280	0.289	
Serine g	0.330		0	A	1		0.099	0.102	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving (NLEA serving size = 1 cup)

Measure 2 = 31g: 1 cup

NDB No. 08505
Cereals ready-to-eat, Ralston Corn Biscuits

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08506

Cereals ready-to-eat, Ralston Corn Flakes

Ralston Foods

Includes USDA Commodity B878

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.31	0.146	3	A	1		0.93	1.03	
Energy ... kcal	357		1	LC	8		100	111	
Energy ... kJ	1494		0	LC	8		418	463	
Protein ... g	5.90	0.021	3	A	1		1.65	1.83	
Total lipid (fat) ... g	0.91	0.020	3	A	1		0.25	0.28	
Ash ... g	1.88	0.000	3	A	1		0.53	0.58	
Carbohydrate, by difference ... g	88.01		0	NC	4		24.64	27.28	
Fiber, total dietary ... g	2.7	0.213	3	A	1		0.8	0.8	
Sugars, total ... g	7.84	0.069	3	A	1		2.19	2.43	
Sucrose ... g	4.61	0.062	3	A	1		1.29	1.43	
Glucose (dextrose) ... g	1.48	0.007	3	A	1		0.41	0.46	
Fructose ... g	1.34	0.019	3	A	1		0.38	0.42	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	0.40	0.023	3	A	1		0.11	0.12	
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Starch ... g	60.42	7.663	3	A	1		16.92	18.73	
Minerals:									
Calcium, Ca ... mg	2	0.079	3	A	1		1	1	
Iron, Fe ... mg	19.40	0.361	3	A	1		5.43	6.01	
Magnesium, Mg ... mg	7	0.466	3	A	1		2	2	
Phosphorus, P ... mg	33	0.145	3	A	1		9	10	
Potassium, K ... mg	86	1.440	3	A	1		24	27	
Sodium, Na ... mg	710	4.978	3	A	1		199	220	
Zinc, Zn ... mg	0.20	0.029	3	A	1		0.06	0.06	
Copper, Cu ... mg	0.075	0.004	3	A	1		0.021	0.023	
Manganese, Mn ... mg	0.095	0.002	3	A	1		0.027	0.030	
Selenium, Se ... mcg	2.2	0.000	3	A	1		0.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	65.0	2.095	3	A	1		18.2	20.2	
Thiamin ... mg	4.483	0.077	3	A	1		1.255	1.390	
Riboflavin ... mg	1.740	0.307	3	A	1		0.487	0.539	
Niacin ... mg	21.033	0.338	3	A	1		5.889	6.520	
Pantothenic acid ... mg	0.099	0.005	3	A	1		0.028	0.031	
Vitamin B-6 ... mg	1.907	0.101	3	A	1		0.534	0.591	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg	2.2		0	AS	1		0.6	0.7	
Betaine ... mg	1.2		1	A	1		0.3	0.4	
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	581		0	AS	1		163	180	
Vitamin A, IU ... IU	2115		0	AS	1		592	656	
Lycopene ... mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.02	0.000	3	A	1		0.01	0.01	
Tocopherol, beta ... mg	0.01	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.06	0.003	3	A	1		0.02	0.02	
Tocopherol, delta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.227		0	NC	4		0.063	0.070	
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 08506
Cereals ready-to-eat, Ralston Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
12:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
15:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
16:0 ... g	0.177	0.003	3	A	1		0.049	0.055	
17:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
18:0 ... g	0.050	0.000	3	A	1		0.014	0.016	
20:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
22:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
24:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated ... g	0.107		0	NC	4		0.030	0.033	
14:1 ... g	0.000	0.000	3	A	1		0.000	0.000	
15:1 ... g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
17:1 ... g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated ... g	0.107	0.003	3	A	1		0.030	0.033	
20:1 ... g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c ... g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated ... g	0.293		0	NC	4		0.082	0.091	
18:2 undifferentiated ... g	0.277	0.003	3	A	1		0.077	0.086	
18:3 undifferentiated ... g	0.017	0.003	3	A	1		0.005	0.005	
18:4 ... g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c ... g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg									
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.037		0	A	1		0.010	0.011	
Threonine ... g	0.233		0	A	1		0.065	0.072	
Isoleucine ... g	0.247		0	A	1		0.069	0.076	
Leucine ... g	1.013		0	A	1		0.284	0.314	
Lysine ... g	0.043		0	A	1		0.012	0.013	
Methionine ... g	0.110		0	A	1		0.031	0.034	
Cystine ... g	0.110		0	A	1		0.031	0.034	
Phenylalanine ... g	0.390		0	A	1		0.109	0.121	
Tyrosine ... g	0.167		0	A	1		0.047	0.052	
Valine ... g	0.303		0	A	1		0.085	0.094	
Arginine ... g	0.133		0	A	1		0.037	0.041	
Histidine ... g	0.170		0	A	1		0.048	0.053	
Alanine ... g	0.580		0	A	1		0.162	0.180	
Aspartic acid ... g	0.643		0	A	1		0.180	0.199	
Glutamic acid ... g	1.520		0	A	1		0.426	0.471	
Glycine ... g	0.197		0	A	1		0.055	0.061	
Proline ... g	0.936		0	A	1		0.262	0.290	
Serine ... g	0.320		0	A	1		0.090	0.099	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (NLEA serving size = 1 cup)

Measure 2 = 31g: 1 cup

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Cereals ready-to-eat, Ralston Corn Flakes

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08507

Cereals ready-to-eat, Ralston Crispy Hexagons

Ralston Foods

Includes USDA Commodity Corn and Rice B855

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.07	0.224	3	A	1		1.18	1.14	
Energy ... kcal	379		1	LC	8		110	106	
Energy ... kJ	1587		0	LC	8		460	444	
Protein ... g	5.94	0.130	3	A	1		1.72	1.66	
Total lipid (fat) ... g	0.95	0.150	3	A	1		0.28	0.27	
Ash ... g	2.26	0.003	3	A	1		0.66	0.63	
Carbohydrate, by difference ... g	86.78		0	NC	4		25.17	24.30	
Fiber, total dietary ... g	1.5	0.161	3	A	1		0.4	0.4	
Sugars, total ... g	9.57	0.081	3	A	1		2.77	2.68	
Sucrose ... g	9.53	0.060	3	A	1		2.76	2.67	
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00	0.00	
Fructose ... g	0.03	0.034	3	A	1		0.01	0.01	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8	0.713	3	A	1		2	2	
* Iron, Fe ... mg	34.67	0.726	3	A	1		10.05	9.71	
Magnesium, Mg ... mg	16	0.551	3	A	1		5	5	
Phosphorus, P ... mg	63	1.073	3	A	1		18	18	
Potassium, K ... mg	99	1.098	3	A	1		29	28	
Sodium, Na ... mg	816	1.528	3	A	1		237	228	
* Zinc, Zn ... mg	7.43	0.125	3	A	1		2.15	2.08	
Copper, Cu ... mg	0.131	0.008	3	A	1		0.038	0.037	
Manganese, Mn ... mg	0.653	0.035	3	A	1		0.189	0.183	
Selenium, Se ... mcg	2.2	0.000	3	A	1		0.6	0.6	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	43.8	8.573	3	A	1		12.7	12.3	
* Thiamin ... mg	7.550	0.590	3	A	1		2.189	2.114	
* Riboflavin ... mg	3.570	0.015	3	A	1		1.035	1.000	
* Niacin ... mg	29.900	2.499	3	A	1		8.671	8.372	
Pantothenic acid ... mg	0.230	0.002	3	A	1		0.067	0.064	
* Vitamin B-6 ... mg	7.720	0.721	3	A	1		2.239	2.162	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	784		0	AS	1		227	220	
* Vitamin A, IU ... IU	2691		0	AS	1		780	754	
Lycopene ... mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.05	0.003	3	A	1		0.01	0.01	
Tocopherol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.06	0.006	3	A	1		0.02	0.02	
Tocopherol, delta ... mg	0.00	0.005	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.263		0	NC	4		0.076	0.074	
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 08507
Cereals ready-to-eat, Ralston Crispy Hexagons

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.233	0.007	3	A	1		0.068	0.065	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.030	0.000	3	A	1		0.009	0.008	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.193		0	NC	4		0.056	0.054	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.193	0.003	3	A	1		0.056	0.054	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.350		0	NC	4		0.101	0.098	
18:2 undifferentiated....g	0.337	0.012	3	A	1		0.098	0.094	
18:3 undifferentiated....g	0.013	0.003	3	A	1		0.004	0.004	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		0	A	1		0.019	0.019	
Threonine....g	0.250		0	A	1		0.073	0.070	
Isoleucine....g	0.263		0	A	1		0.076	0.074	
Leucine....g	0.799		0	A	1		0.232	0.224	
Lysine....g	0.134		0	A	1		0.039	0.038	
Methionine....g	0.134		0	A	1		0.039	0.037	
Cystine....g	0.113		0	A	1		0.033	0.032	
Phenylalanine....g	0.374		0	A	1		0.108	0.105	
Tyrosine....g	0.186		0	A	1		0.054	0.052	
Valine....g	0.340		0	A	1		0.098	0.095	
Arginine....g	0.300		0	A	1		0.087	0.084	
Histidine....g	0.163		0	A	1		0.047	0.046	
Alanine....g	0.466		0	A	1		0.135	0.130	
Aspartic acid....g	0.878		0	A	1		0.255	0.246	
Glutamic acid....g	1.394		0	A	1		0.404	0.390	
Glycine....g	0.274		0	A	1		0.080	0.077	
Proline....g	0.569		0	A	1		0.165	0.159	
Serine....g	0.304		0	A	1		0.088	0.085	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving (NLEA serving size = 1 cup)

Measure 2 = 28g: 1 cup

NDB No. 08507

Cereals ready-to-eat, Ralston Crispy Hexagons

*Vitamin or mineral added for enrichment or fortification

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08025

Cereals ready-to-eat, Ralston Crispy Rice

Ralston Foods

includes USDA Commodity B856

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.62	0.085	3	A	1		1.19	1.01	
Energy....kcal	364		0	LC	8		120	102	
Energy....kJ	1523		0	LC	8		503	426	
Protein....g	6.69	0.036	3	A	1		2.21	1.87	
Total lipid (fat)....g	1.26	0.014	3	A	1		0.41	0.35	
Ash....g	2.22	0.012	3	A	1		0.73	0.62	
Carbohydrate, by difference....g	86.22		0	NC	4		28.45	24.14	
Fiber, total dietary....g	0.7	0.000	3	A	1		0.2	0.2	
Sugars, total....g	7.65	0.048	3	A	1		2.52	2.14	
Sucrose....g	6.50	0.044	3	A	1		2.15	1.82	
Glucose (dextrose)....g	0.42	0.004	3	A	1		0.14	0.12	
Fructose....g	0.38	0.003	3	A	1		0.13	0.11	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.34	0.008	3	A	1		0.11	0.10	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.033	3	A	1		2	1	
* Iron, Fe....mg	32.73		0	LC	8		10.80	9.16	
Magnesium, Mg....mg	23	0.333	3	A	1		8	7	
Phosphorus, P....mg	98	1.202	3	A	1		32	27	
Potassium, K....mg	110	0.000	3	A	1		36	31	
Sodium, Na....mg	763	3.333	3	A	1		252	214	
Zinc, Zn....mg	1.30	0.058	3	A	1		0.43	0.36	
Copper, Cu....mg	0.149	0.000	3	A	1		0.049	0.042	
Manganese, Mn....mg	1.100	0.000	3	A	1		0.363	0.308	
Selenium, Se....mcg	18.0	0.145	3	A	1		6.0	5.0	
Vitamins:									
* Vitamin C, total ascorbic acid....mg	64.5	1.595	3	A	1		21.3	18.1	
* Thiamin....mg	2.050	0.117	3	A	1		0.677	0.574	
* Riboflavin....mg	2.827	0.128	3	A	1		0.933	0.791	
* Niacin....mg	28.967	0.176	3	A	1		9.559	8.111	
Pantothenic acid....mg	0.317	0.005	3	A	1		0.105	0.089	
* Vitamin B-6....mg	1.937	0.088	3	A	1		0.639	0.542	
Folate, total....mcg	606		1	LC	8		200	170	
* Folic acid....mcg	602		0	NC	4		199	169	
Folate, food....mcg	4		0	CAAN	4		1	1	
Folate, DFE....mcg_DFE	1027		0	NC	4		339	288	
Choline, total....mg	8.4		0	BFZN	4		2.8	2.4	
Betaine....mg									
* Vitamin B-12....mcg	5.45		1	LC	8		1.80	1.53	
* Vitamin B-12, added....mcg	5.45		0	NC	4		1.80	1.53	
Vitamin A, RAE....mcg_RAE	704		0	AS	1		232	197	
Retinol....mcg	704	6.333	3	A	1		232	197	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
* Vitamin A, IU....IU	2346		0	AS	1		774	657	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.06	0.003	3	A	1		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03	0.000	3	A	1		0.01	0.01	
Tocopherol, delta....mg	0.00	0.005	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	3.0		0	LC	8		1.0	0.8	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08025
Cereals ready-to-eat, Ralston Crispy Rice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	121		0	LC	8		40	34	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.360		0	NC	4		0.119	0.101	
4:0.....g	0.000		0	A	1		0.000	0.000	
6:0.....g	0.000		0	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.013	0.003	3	A	1		0.004	0.004	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.273	0.003	3	A	1		0.090	0.077	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.073	0.003	3	A	1		0.024	0.021	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.243		0	NC	4		0.080	0.068	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.243	0.003	3	A	1		0.080	0.068	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.293		0	NC	4		0.097	0.082	
18:2 undifferentiated.....g	0.293	0.003	3	A	1		0.097	0.082	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0	A	1		0.032	0.027	
Threonine.....g	0.286		0	A	1		0.094	0.080	
Isoleucine.....g	0.301		0	A	1		0.099	0.084	
Leucine.....g	0.593		0	A	1		0.196	0.166	
Lysine.....g	0.171		0	A	1		0.056	0.048	
Methionine.....g	0.141		0	A	1		0.046	0.039	
Cystine.....g	0.131		0	A	1		0.043	0.037	
Phenylalanine.....g	0.402		0	A	1		0.133	0.112	
Tyrosine.....g	0.241		0	A	1		0.080	0.067	
Valine.....g	0.437		0	A	1		0.144	0.122	
Arginine.....g	0.538		0	A	1		0.177	0.151	
Histidine.....g	0.166		0	A	1		0.055	0.046	
Alanine.....g	0.422		0	A	1		0.139	0.118	
Aspartic acid.....g	1.115		0	A	1		0.368	0.312	
Glutamic acid.....g	1.381		0	A	1		0.456	0.387	
Glycine.....g	0.326		0	A	1		0.108	0.091	
Proline.....g	0.412		0	A	1		0.136	0.115	
Serine.....g	0.367		0	A	1		0.121	0.103	
Hydroxyproline.....g									
Others:									

NDB No. 08025
Cereals ready-to-eat, Ralston Crispy Rice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 serving (NLEA serving size = 1.25 cup)

Measure 2 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08504

Cereals ready-to-eat, Ralston Enriched Bran flakes

Ralston Foods

Includes USDA Commodity B877

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.53	0.115	3	A	1		0.73	1.06	
Energy ... kcal	310		1	LC	8		90	130	
Energy ... kJ	1297		1	LC	8		376	545	
Protein ... g	10.21	0.021	3	A	1		2.96	4.29	
Total lipid (fat) ... g	3.36	0.203	3	A	1		0.98	1.41	
Ash ... g	4.13	0.026	3	A	1		1.20	1.73	
Carbohydrate, by difference ... g	79.77		0	NC	4		23.13	33.50	
Fiber, total dietary ... g	16.9	0.215	3	A	1		4.9	7.1	
Sugars, total ... g	17.17	0.111	3	A	1		4.98	7.21	
Sucrose ... g	12.51	0.170	3	A	1		3.63	5.25	
Glucose (dextrose) ... g	2.02	0.032	3	A	1		0.59	0.85	
Fructose ... g	2.27	0.024	3	A	1		0.66	0.95	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	0.37	0.025	3	A	1		0.11	0.16	
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Starch ... g	48.70	0.582	3	A	1		14.12	20.46	
Minerals:									
Calcium, Ca ... mg	45	2.000	3	A	1		13	19	
Iron, Fe ... mg	67.67	6.386	3	A	1		19.62	28.42	
Magnesium, Mg ... mg	190	0.000	3	A	1		55	80	
Phosphorus, P ... mg	533	6.667	3	A	1		155	224	
Potassium, K ... mg	630	5.774	3	A	1		183	265	
Sodium, Na ... mg	813	6.667	3	A	1		236	342	
Zinc, Zn ... mg	64.33	1.202	3	A	1		18.66	27.02	
Copper, Cu ... mg	0.537	0.009	3	A	1		0.156	0.225	
Manganese, Mn ... mg	3.467	0.067	3	A	1		1.005	1.456	
Selenium, Se ... mcg	9.2	0.458	3	A	1		2.7	3.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	239.7	6.489	3	A	1		69.5	100.7	
Thiamin ... mg	4.713	1.322	3	A	1		1.367	1.980	
Riboflavin ... mg	7.290	0.172	3	A	1		2.114	3.062	
Niacin ... mg	90.567	0.784	3	A	1		26.264	38.038	
Pantothenic acid ... mg	29.800	0.458	3	A	1		8.642	12.516	
Vitamin B-6 ... mg	6.800	0.172	3	A	1		1.972	2.856	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg	31.2		0	AS	1		9.1	13.1	
Betaine ... mg	123.9		2	A	1		35.9	52.0	
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	531		0	AS	1		154	223	
Vitamin A, IU ... IU	1771		0	AS	1		514	744	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	80.46	1.465	3	A	1		23.33	33.79	
Tocopherol, beta ... mg	0.16	0.003	3	A	1		0.05	0.07	
Tocopherol, gamma ... mg	2.43	0.035	3	A	1		0.71	1.02	
Tocopherol, delta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	2.7	0.291	3	A	1		0.8	1.1	
Lipids:									
Fatty acids, total saturated ... g	0.433		0	NC	4		0.126	0.182	
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 08504
Cereals ready-to-eat, Ralston Enriched Bran flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.410	0.012	3	A	1		0.119	0.172	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.023	0.003	3	A	1		0.007	0.010	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.443		0	NC	4		0.129	0.186	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.423	0.009	3	A	1		0.123	0.178	
20:1....g	0.020	0.000	3	A	1		0.006	0.008	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.383		0	NC	4		0.401	0.581	
18:2 undifferentiated....g	1.297	0.032	3	A	1		0.376	0.545	
18:3 undifferentiated....g	0.087	0.003	3	A	1		0.025	0.036	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0	A	1		0.040	0.057	
Threonine....g	0.370		0	A	1		0.107	0.155	
Isoleucine....g	0.343		0	A	1		0.100	0.144	
Leucine....g	0.677		0	A	1		0.196	0.284	
Lysine....g	0.150		0	A	1		0.043	0.063	
Methionine....g	0.127		0	A	1		0.037	0.053	
Cystine....g	0.200		0	A	1		0.058	0.084	
Phenylalanine....g	0.457		0	A	1		0.132	0.192	
Tyrosine....g	0.197		0	A	1		0.057	0.083	
Valine....g	0.467		0	A	1		0.135	0.196	
Arginine....g	0.393		0	A	1		0.114	0.165	
Histidine....g	0.237		0	A	1		0.069	0.099	
Alanine....g	0.447		0	A	1		0.130	0.188	
Aspartic acid....g	0.970		0	A	1		0.281	0.407	
Glutamic acid....g	2.836		0	A	1		0.823	1.191	
Glycine....g	0.490		0	A	1		0.142	0.206	
Proline....g	1.043		0	A	1		0.302	0.438	
Serine....g	0.483		0	A	1		0.140	0.203	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving (NLEA serving size = 0.75 cup)

Measure 2 = 42g: 1 cup

NDB No. 08504
Cereals ready-to-eat, Ralston Enriched Bran flakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08074

Cereals ready-to-eat, Ralston TASTEEOS

Ralston Foods

Includes USDA Commodity B853

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.68	0.124	3	A	1		1.10	1.03	
Energy....kcal	398		0	NC	4		119	111	
Energy....kJ	1665		0	NC	4		500	466	
Protein....g	11.83	0.083	3	A	1		3.55	3.31	
Total lipid (fat)....g	5.97	0.034	3	A	1		1.79	1.67	
Ash....g	4.29	0.035	3	A	1		1.29	1.20	
Carbohydrate, by difference....g	74.22		0	NC	4		22.27	20.78	
Fiber, total dietary....g	10.7	0.193	3	A	1		3.2	3.0	
Sugars, total....g	4.64	0.055	3	A	1		1.39	1.30	
Sucrose....g	4.32	0.057	3	A	1		1.30	1.21	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.32	0.033	3	A	1		0.10	0.09	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	357	3.333	3	A	1		107	100	
Iron, Fe....mg	30.00		0	LC	8		9.00	8.40	
Magnesium, Mg....mg	123	3.333	3	A	1		37	35	
Phosphorus, P....mg	523	3.333	3	A	1		157	147	
Potassium, K....mg	307	8.819	3	A	1		92	86	
Sodium, Na....mg	853	8.819	3	A	1		256	239	
Zinc, Zn....mg	14.33	0.333	3	A	1		4.30	4.01	
Copper, Cu....mg	0.327	0.023	3	A	1		0.098	0.091	
Manganese, Mn....mg	2.700	0.058	3	A	1		0.810	0.756	
Selenium, Se....mcg	47.0	1.856	3	A	1		14.1	13.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.9	0.529	3	A	1		4.5	4.2	
Thiamin....mg	1.673	0.068	3	A	1		0.502	0.469	
Riboflavin....mg	1.903	0.030	3	A	1		0.571	0.533	
Niacin....mg	24.033	0.219	3	A	1		7.210	6.729	
Pantothenic acid....mg	0.393	0.009	3	A	1		0.118	0.110	
Vitamin B-6....mg	2.273	0.055	3	A	1		0.682	0.637	
* Folate, total....mcg	667		1	LC	8		200	187	
* Folic acid....mcg	648		0	NR	4		194	181	
Folate, food....mcg	19		0	NC	4		6	5	
Folate, DFE....mcg_DFE	1120		0	NC	4		336	314	
Choline, total....mg	14.9		0	AS	1		4.5	4.2	
Betaine....mg	20.4		1	A	1		6.1	5.7	
* Vitamin B-12....mcg	5.30		0	LC	8		1.59	1.48	
* Vitamin B-12, added....mcg	5.30		0	NR	4		1.59	1.48	
Vitamin A, RAE....mcg_RAE	513		0	AS	1		154	144	
Retinol....mcg	513	7.796	3	A	1		154	144	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	1711		0	AS	1		513	479	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43	0.007	3	A	1		0.13	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.03	0.003	3	A	1		0.01	0.01	
Tocopherol, gamma....mg	0.10	0.000	3	A	1		0.03	0.03	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	3.3		1	LC	8		1.0	0.9	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08074
Cereals ready-to-eat, Ralston TASTEEOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
* Vitamin D.....IU	133		1	LC	8		40	37	
Vitamin K (phylloquinone).....mcg	1.3	0.120	3	A	1		0.4	0.4	
Lipids:									
Fatty acids, total saturated.....g	1.023		0	NC	4		0.307	0.286	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.017	0.003	3	A	1		0.005	0.005	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.933	0.028	3	A	1		0.280	0.261	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.073	0.003	3	A	1		0.022	0.021	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.746		0	NC	4		0.524	0.489	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.680	0.050	3	A	1		0.504	0.470	
20:1.....g	0.040	0.000	3	A	1		0.012	0.011	
22:1 undifferentiated.....g	0.027	0.003	3	A	1		0.008	0.007	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.870		0	NC	4		0.561	0.524	
18:2 undifferentiated.....g	1.800	0.061	3	A	1		0.540	0.504	
18:3 undifferentiated.....g	0.063	0.003	3	A	1		0.019	0.018	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.007	0.007	3	A	1		0.002	0.002	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0	A	1		0.049	0.046	
Threonine.....g	0.456		0	A	1		0.137	0.128	
Isoleucine.....g	0.490		0	A	1		0.147	0.137	
Leucine.....g	0.940		0	A	1		0.282	0.263	
Lysine.....g	0.407		0	A	1		0.122	0.114	
Methionine.....g	0.163		0	A	1		0.049	0.046	
Cystine.....g	0.283		0	A	1		0.085	0.079	
Phenylalanine.....g	0.720		0	A	1		0.216	0.202	
Tyrosine.....g	0.293		0	A	1		0.088	0.082	
Valine.....g	0.666		0	A	1		0.200	0.187	
Arginine.....g	0.757		0	A	1		0.227	0.212	
Histidine.....g	0.260		0	A	1		0.078	0.073	
Alanine.....g	0.633		0	A	1		0.190	0.177	
Aspartic acid.....g	1.629		0	A	1		0.489	0.456	
Glutamic acid.....g	2.597		0	A	1		0.779	0.727	
Glycine.....g	0.610		0	A	1		0.183	0.171	
Proline.....g	0.843		0	A	1		0.253	0.236	
Serine.....g	0.597		0	A	1		0.179	0.167	
Hydroxyproline.....g									
Others:									

NDB No. 08074
Cereals ready-to-eat, Ralston TASTEEOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving (NLEA serving size = 1 cup)

Measure 2 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08435
Cereals ready-to-eat, UNCLE SAM CEREAL

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.43		1	A	1		2.44		
Energy	kcal	431		0	NC	4		237		
Energy	kJ	1805		0	NC	4		993		
Protein	g	15.98		1	A	1		8.79		
Total lipid (fat)	g	11.60		1	A	1		6.38		
Ash	g	2.21		1	A	1		1.22		
Carbohydrate, by difference	g	65.78		0	NC	4		36.18		
Fiber, total dietary	g	20.3		1	A	1		11.2		
Sugars, total	g	1.56		0	AS	1		0.86		
Sucrose	g	0.94		1	A	1		0.52		
Glucose (dextrose)	g	0.41		1	A	1		0.23		
Fructose	g	0.21		1	A	1		0.12		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	95		1	A	1		52		
Iron, Fe	mg	4.03		1	A	1		2.22		
Magnesium, Mg	mg	206		1	A	1		113		
Phosphorus, P	mg	374		1	A	1		206		
Potassium, K	mg	446		1	A	1		245		
Sodium, Na	mg	206		1	A	1		113		
Zinc, Zn	mg	3.87		1	A	1		2.13		
Copper, Cu	mg	0.752		1	A	1		0.414		
Manganese, Mn	mg	3.610		1	A	1		1.985		
Selenium, Se	mcg	88.3		1	A	1		48.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	61.5		1	A	1		33.8		
* Thiamin	mg	2.270		1	A	1		1.248		
* Riboflavin	mg	2.640		1	A	1		1.452		
* Niacin	mg	16.300		1	A	1		8.965		
Pantothenic acid	mg	0.621		1	A	1		0.341		
Vitamin B-6	mg	0.956		1	A	1		0.526		
Folate, total	mcg	53		1	A	1		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	53		1	A	1		29		
Folate, DFE	mcg_DFE	53		0	NC	4		29		
Choline, total	mg	49.5		0	AS	1		27.2		
Betaine	mg	248.4		1	A	1		136.6		
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	0		0	Z	7		0		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.72		0	FLM	4		0.40		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		

NDB No. 08435
Cereals ready-to-eat, UNCLE SAM CEREAL

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.8		1	A	1		1.0		
Lipids:									
Fatty acids, total saturated....g	1.320		0	NC	4		0.726		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.950		1	A	1		0.522		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.320		1	A	1		0.176		
20:0....g	0.020		1	A	1		0.011		
22:0....g	0.020		1	A	1		0.011		
24:0....g	0.010		1	A	1		0.005		
Fatty acids, total monounsaturated....g	1.980		0	NC	4		1.089		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.020		1	A	1		0.011		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.940		1	A	1		1.067		
20:1....g	0.020		1	A	1		0.011		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.350		0	NC	4		4.592		
18:2 undifferentiated....g	2.350		1	A	1		1.292		
18:3 undifferentiated....g	6.000		1	A	1		3.300		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08508

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Includes USDA Commodity B855

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.78	0.281	5	A	1		1.10	1.10	
Energy ... kcal	378		0	NC	4		110	110	
Energy ... kJ	1582		0	NC	4		459	459	
Protein ... g	6.06	0.105	5	A	1		1.76	1.76	
Total lipid (fat) ... g	1.08	0.116	5	A	1		0.31	0.31	
Ash ... g	2.23	0.024	5	A	1		0.65	0.65	
Carbohydrate, by difference ... g	86.85		0	NC	4		25.19	25.19	
Fiber, total dietary ... g	1.4	0.112	5	A	1		0.4	0.4	
Sugars, total ... g	10.35	0.485	5	A	1		3.00	3.00	
Sucrose ... g	9.74	0.129	5	A	1		2.82	2.82	
Glucose (dextrose) ... g	0.27	0.168	5	A	1		0.08	0.08	
Fructose ... g	0.26	0.138	5	A	1		0.07	0.07	
Lactose ... g	0.00	0.000	5	A	1		0.00	0.00	
Maltose ... g	0.09	0.053	5	A	1		0.03	0.03	
Galactose ... g	0.00	0.000	5	A	1		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10	1.131	5	A	1		3	3	
* Iron, Fe ... mg	34.06	0.847	5	A	1		9.88	9.88	
Magnesium, Mg ... mg	19	1.948	5	A	1		6	6	
Phosphorus, P ... mg	77	9.033	5	A	1		22	22	
Potassium, K ... mg	105	3.893	5	A	1		31	31	
Sodium, Na ... mg	795	12.780	5	A	1		231	231	
* Zinc, Zn ... mg	7.60	0.213	5	A	1		2.20	2.20	
Copper, Cu ... mg	0.137	0.007	5	A	1		0.040	0.040	
Manganese, Mn ... mg	0.790	0.086	5	A	1		0.229	0.229	
Selenium, Se ... mcg	6.3	2.506	5	A	1		1.8	1.8	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	38.5	6.129	5	A	1		11.2	11.2	
* Thiamin ... mg	6.288	1.155	5	A	1		1.824	1.824	
* Riboflavin ... mg	3.870	0.704	5	A	1		1.122	1.122	
* Niacin ... mg	29.620	1.559	5	A	1		8.590	8.590	
Pantothenic acid ... mg	0.226	0.003	5	A	1		0.066	0.066	
* Vitamin B-6 ... mg	5.986	1.151	5	A	1		1.736	1.736	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	814		0	AS	1		236	236	
* Vitamin A, IU ... IU	2792		0	AS	1		810	810	
Lycopene ... mcg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.08	0.024	5	A	1		0.02	0.02	
Tocopherol, beta ... mg	0.01	0.004	5	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.08	0.012	5	A	1		0.02	0.02	
Tocopherol, delta ... mg	0.00	0.003	5	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0	0.000	5	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.260		0	NC	4		0.075	0.075	
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	5	A	1		0.000	0.000	

NDB No. 08508

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.000	0.000	5	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	5	A	1		0.000	0.000	
15:0....g	0.000	0.000	5	A	1		0.000	0.000	
16:0....g	0.234	0.004	5	A	1		0.068	0.068	
17:0....g	0.000	0.000	5	A	1		0.000	0.000	
18:0....g	0.026	0.002	5	A	1		0.008	0.008	
20:0....g	0.000	0.000	5	A	1		0.000	0.000	
22:0....g	0.000	0.000	5	A	1		0.000	0.000	
24:0....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.204		0	NC	4		0.059	0.059	
14:1....g	0.000	0.000	5	A	1		0.000	0.000	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
17:1....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated....g	0.204	0.007	5	A	1		0.059	0.059	
20:1....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.354		0	NC	4		0.103	0.103	
18:2 undifferentiated....g	0.342	0.007	5	A	1		0.099	0.099	
18:3 undifferentiated....g	0.012	0.002	5	A	1		0.003	0.003	
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0	A	1		0.019	0.019	
Threonine....g	0.241		0	A	1		0.070	0.070	
Isoleucine....g	0.260		0	A	1		0.075	0.075	
Leucine....g	0.767		0	A	1		0.222	0.222	
Lysine....g	0.113		0	A	1		0.033	0.033	
Methionine....g	0.130		0	A	1		0.038	0.038	
Cystine....g	0.116		0	A	1		0.034	0.034	
Phenylalanine....g	0.365		0	A	1		0.106	0.106	
Tyrosine....g	0.176		0	A	1		0.051	0.051	
Valine....g	0.344		0	A	1		0.100	0.100	
Arginine....g	0.304		0	A	1		0.088	0.088	
Histidine....g	0.162		0	A	1		0.047	0.047	
Alanine....g	0.460		0	A	1		0.133	0.133	
Aspartic acid....g	0.821		0	A	1		0.238	0.238	
Glutamic acid....g	1.368		0	A	1		0.397	0.397	
Glycine....g	0.267		0	A	1		0.077	0.077	
Proline....g	0.552		0	A	1		0.160	0.160	
Serine....g	0.298		0	A	1		0.087	0.087	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup

Measure 2 = 29g: 1 serving (NLEA serving = 1 cup)

NDB No. 08508

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08509

Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Includes USDA Commodity B856 B857

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.85	0.151	5	A	1		1.27	1.08	
Energy ... kcal	381		0	NC	4		126	107	
Energy ... kJ	1596		0	NC	4		527	447	
Protein ... g	6.45	0.183	5	A	1		2.13	1.81	
Total lipid (fat) ... g	1.27	0.016	5	A	1		0.42	0.35	
Ash ... g	2.39	0.107	5	A	1		0.79	0.67	
Carbohydrate, by difference ... g	86.04		0	NC	4		28.39	24.09	
Fiber, total dietary ... g	0.7	0.000	6	A	1		0.2	0.2	
Sugars, total ... g	8.35	0.319	6	A	1		2.76	2.34	
Sucrose ... g	7.18	0.311	6	A	1		2.37	2.01	
Glucose (dextrose) ... g	0.44	0.009	6	A	1		0.14	0.12	
Fructose ... g	0.41	0.023	6	A	1		0.14	0.11	
Lactose ... g	0.00	0.000	6	A	1		0.00	0.00	
Maltose ... g	0.32	0.013	6	A	1		0.11	0.09	
Galactose ... g	0.00	0.000	6	A	1		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5	0.207	6	A	1		2	1	
Iron, Fe ... mg	10.53	2.315	6	A	1		3.47	2.95	
Magnesium, Mg ... mg	24	0.558	6	A	1		8	7	
Phosphorus, P ... mg	96	2.012	6	A	1		32	27	
Potassium, K ... mg	108	1.667	6	A	1		36	30	
Sodium, Na ... mg	850	38.987	6	A	1		281	238	
Zinc, Zn ... mg	1.19	0.073	6	A	1		0.39	0.33	
Copper, Cu ... mg	0.158	0.009	6	A	1		0.052	0.044	
Manganese, Mn ... mg	1.057	0.069	6	A	1		0.349	0.296	
Selenium, Se ... mcg	13.6	3.678	6	A	1		4.5	3.8	
Vitamins:									
* Vitamin C, total ascorbic acid ... mg	46.0	8.316	6	A	1		15.2	12.9	
* Thiamin ... mg	2.052	0.080	6	A	1		0.677	0.574	
* Riboflavin ... mg	2.518	0.159	6	A	1		0.831	0.705	
* Niacin ... mg	26.217	1.244	6	A	1		8.651	7.341	
Pantothenic acid ... mg	0.311	0.003	6	A	1		0.103	0.087	
* Vitamin B-6 ... mg	2.683	0.341	6	A	1		0.885	0.751	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	608		0	AS	1		201	170	
* Vitamin A, IU ... IU	2028		0	AS	1		669	568	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.08	0.010	6	A	1		0.03	0.02	
Tocopherol, beta ... mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.03	0.002	6	A	1		0.01	0.01	
Tocopherol, delta ... mg	0.00	0.002	6	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0	0.000	6	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.355		0	NC	4		0.117	0.099	
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 08509

Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000	0.000	6	A	1		0.000	0.000	
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.017	0.002	6	A	1		0.005	0.005	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	0.288	0.007	6	A	1		0.095	0.081	
17:0....g	0.000	0.000	6	A	1		0.000	0.000	
18:0....g	0.050	0.011	6	A	1		0.016	0.014	
20:0....g	0.000	0.000	6	A	1		0.000	0.000	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.253		0	NC	4		0.084	0.071	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	0.253	0.006	6	A	1		0.084	0.071	
20:1....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.325		0	NC	4		0.107	0.091	
18:2 undifferentiated....g	0.325	0.015	6	A	1		0.107	0.091	
18:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0	A	1		0.030	0.025	
Threonine....g	0.278		0	A	1		0.092	0.078	
Isoleucine....g	0.294		0	A	1		0.097	0.082	
Leucine....g	0.572		0	A	1		0.189	0.160	
Lysine....g	0.159		0	A	1		0.053	0.045	
Methionine....g	0.139		0	A	1		0.046	0.039	
Cystine....g	0.132		0	A	1		0.044	0.037	
Phenylalanine....g	0.385		0	A	1		0.127	0.108	
Tyrosine....g	0.217		0	A	1		0.072	0.061	
Valine....g	0.425		0	A	1		0.140	0.119	
Arginine....g	0.503		0	A	1		0.166	0.141	
Histidine....g	0.159		0	A	1		0.052	0.045	
Alanine....g	0.410		0	A	1		0.135	0.115	
Aspartic acid....g	1.085		0	A	1		0.358	0.304	
Glutamic acid....g	1.319		0	A	1		0.435	0.369	
Glycine....g	0.316		0	A	1		0.104	0.089	
Proline....g	0.400		0	A	1		0.132	0.112	
Serine....g	0.351		0	A	1		0.116	0.098	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1.25 serving (NLEA serving = 1.25 cup)

Measure 2 = 28g: 1 cup

NDB No. 08509

Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08079
Cereals ready-to-eat, WAFFELOS

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		1		1		0.75	0.71	
Energy....kcal	405		0	NC	4		122	115	
Energy....kJ	1695				4		508	480	
Protein....g	5.60		12		1		1.68	1.59	
Total lipid (fat)....g	4.20		14		1		1.26	1.19	
Ash....g	1.40		1		1		0.42	0.40	
Carbohydrate, by difference....g	86.30		0	NC	4		25.89	24.47	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		13		1		8	8	
Iron, Fe....mg	15.90		0		5		4.77	4.51	
Magnesium, Mg....mg	21		13		1		6	6	
Phosphorus, P....mg	815		12		1		245	231	
Potassium, K....mg	88		7		1		26	25	
Sodium, Na....mg	416		13		1		125	118	
Zinc, Zn....mg	0.81		13		1		0.24	0.23	
Copper, Cu....mg	0.113		10		1		0.034	0.032	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	53.0		0		5		15.9	15.0	
Thiamin....mg	1.300		0		5		0.390	0.369	
Riboflavin....mg	1.500		0		5		0.450	0.425	
Niacin....mg	17.600		0		5		5.280	4.990	
Pantothenic acid....mg	0.176		6		1		0.053	0.050	
Vitamin B-6....mg	1.800		0		5		0.540	0.510	
Folate, total....mcg	11		6		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		6		1		3	3	
Folate, DFE....mcg_DFE	11		0	NC	4		3	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.30		0		5		1.59	1.50	
Vitamin A, RAE....mcg_RAE	1324		0	NC	4		397	375	
Retinol....mcg	1324		0	NC	4		397	375	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4409		0		5		1323	1250	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									

NDB No. 08079
Cereals ready-to-eat, WAFFELOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42237
Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		0		1		2.85	0.90	
Energy	kcal	373		0	LC	8		213	67	
Energy	kJ	1561		0	LC	8		890	281	
Protein	g	11.50		0	LC	8		6.56	2.07	
Total lipid (fat)	g	2.80		0	LC	8		1.60	0.50	
Ash	g	3.30		0	O	4		1.88	0.59	
Carbohydrate, by difference	g	77.40		0	LC	8		44.12	13.93	
Fiber, total dietary	g	11.4		0	LC	8		6.5	2.1	
Sugars, total	g	2.00		0	LC	8		1.14	0.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		57	18	
Iron, Fe	mg	5.16		0	LC	8		2.94	0.93	
Magnesium, Mg	mg	92		0	LC	8		52	17	
Phosphorus, P	mg	172		0	LC	8		98	31	
Potassium, K	mg	545		0	LC	8		311	98	
Sodium, Na	mg	387		0	LC	8		221	70	
Zinc, Zn	mg	1.72		0	LC	8		0.98	0.31	
Copper, Cu	mg	0.229		0	LC	8		0.131	0.041	
Manganese, Mn	mg									
Selenium, Se	mcg	5.9		0	BFZN	4		3.4	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	1.080		0	LC	8		0.616	0.194	
Riboflavin	mg	0.980		0	LC	8		0.559	0.176	
Niacin	mg	5.740		0	LC	8		3.272	1.033	
Pantothenic acid	mg									
Vitamin B-6	mg	0.460		0	LC	8		0.262	0.083	
Folate, total	mcg	46		0	LC	8		26	8	
Folic acid	mcg	0		0	NC	4		0	0	
Folate, food	mcg	46		0	NC	4		26	8	
Folate, DFE	mcg_DFE	46		0	NC	4		26	8	
Choline, total	mg	23.1		0	BFZN	4		13.2	4.2	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	LC	8		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NC	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFNN	4		0	0	
Vitamin A, IU	IU	0		0	Z	7		0	0	
Lycopene	mcg	0		0	BFNN	4		0	0	
Lutein + zeaxanthin	mcg	238		0	BFNN	4		135	43	
Vitamin E (alpha-tocopherol)	mg	1.84		0	BFFN	4		1.05	0.33	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	2.0		0	BFNN	4		1.1	0.4	
Lipids:										
Fatty acids, total saturated	g	0.480		0		4		0.274	0.086	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42237
Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.004		0		4		0.002	0.001	
15:0....g									
16:0....g	0.406		0		4		0.231	0.073	
17:0....g									
18:0....g	0.022		0		4		0.013	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.350		0		4		0.200	0.063	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0		4		0.011	0.003	
17:1....g									
18:1 undifferentiated....g	0.328		0		4		0.187	0.059	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0		4		0.667	0.211	
18:2 undifferentiated....g	1.107		0		4		0.631	0.199	
18:3 undifferentiated....g	0.057		0		4		0.032	0.010	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		4		0.002	0.001	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cup

Measure 2 = 18g: 1 biscuit

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08029
Cereals ready-to-eat, bran flakes, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70		0	MC	9		1.11		
Energy	kcal	320		0	MC	9		96		
Energy	kJ	1339		0		9		402		
Protein	g	9.40		0	MC	9		2.82		
Total lipid (fat)	g	2.20		0	NR	4		0.66		
Ash	g	4.00		0	MC	9		1.20		
Carbohydrate, by difference	g	80.40		0	MC	9		24.12		
Fiber, total dietary	g	17.6		0	MC	9		5.3		
Sugars, total	g	18.90		0	MC	9		5.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0	MC	9		17		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	214		0	MC	9		64		
Phosphorus, P	mg	508		0	MC	9		152		
Potassium, K	mg	616		0	MC	9		185		
Sodium, Na	mg	732		0	MC	9		220		
* Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.642		0	MC	9		0.193		
Manganese, Mn	mg	3.568		0	FLC	4		1.070		
Selenium, Se	mcg	10.5		0	BFZN	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.868		0	FLC	4		0.260		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Choline, total	mg	27.6		0	BFZN	4		8.3		
Betaine	mg									
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin B-12, added	mcg	5.00		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	751		0	NC	4		225		
Retinol	mcg	751		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	2500		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.85		0	FLM	4		0.26		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	133		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08029
Cereals ready-to-eat, bran flakes, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.007		0	FLM	4		0.002		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.001		0	FLM	4		0.000		
13:0....g									
14:0....g	0.004		0	FLM	4		0.001		
15:0....g									
16:0....g	0.348		0	FLM	4		0.104		
17:0....g									
18:0....g	0.022		0	FLM	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.295		0	FLM	4		0.089		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.285		0	FLM	4		0.086		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.025		0	FLM	4		0.307		
18:2 undifferentiated....g	0.952		0	FLM	4		0.286		
18:3 undifferentiated....g	0.070		0	FLM	4		0.021		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08204

Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.42		0	FLC	4		1.03		
Energy	kcal	405		0	LC	8		122		
Energy	kJ	1695		0		8		508		
Protein	g	3.34		0	LC	8		1.00		
Total lipid (fat)	g	3.50		0	LC	8		1.05		
Ash	g	2.25		0	LC	8		0.68		
Carbohydrate, by difference	g	87.20		0	LC	8		26.16		
Fiber, total dietary	g	3.8		0	FLC	4		1.1		
Sugars, total	g	47.00		0	BFZN	4		14.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0	ML	5		21		
Iron, Fe	mg	15.87		0	LC	8		4.76		
Magnesium, Mg	mg	36		0	FLC	4		11		
Phosphorus, P	mg	141		0	LC	8		42		
Potassium, K	mg	176		0	LC	8		53		
Sodium, Na	mg	670		0	LC	8		201		
Zinc, Zn	mg	0.56		0	FLC	4		0.17		
Copper, Cu	mg	0.240		0	FLC	4		0.072		
Manganese, Mn	mg	0.246		0	FLC	4		0.074		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9		0	ML	5		15.9		
Thiamin	mg	1.323		0	ML	5		0.397		
Riboflavin	mg	1.499		0	ML	5		0.450		
Niacin	mg	17.637		0	ML	5		5.291		
Pantothenic acid	mg	0.101		0	FLC	4		0.030		
Vitamin B-6	mg	1.764		0	ML	5		0.529		
Folate, total	mcg	353		0	ML	5		106		
Folic acid	mcg	334		0	NC	4		100		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	587		0	NC	4		176		
Choline, total	mg	4.5		0	BFZN	4		1.4		
Betaine	mg									
* Vitamin B-12	mcg	5.29		0	ML	5		1.59		
* Vitamin B-12, added	mcg	5.29		0	NR	4		1.59		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		397		
Retinol	mcg	1324		0	NC	4		397		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	4409		0	ML	5		1323		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.961		0	FLC	4		0.288		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 08204

Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.001		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.494		0	FLC	4		0.148		
17:0 ... g									
18:0 ... g	0.458		0	FLC	4		0.137		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.079		0	FLC	4		0.624		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	2.079		0	FLC	4		0.624		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.231		0	FLC	4		0.069		
18:2 undifferentiated ... g	0.225		0	FLC	4		0.068		
18:3 undifferentiated ... g	0.008		0	FLC	4		0.002		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	4		0	FLM	4		1		
Theobromine ... mg	136		0	FLM	4		41		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08022
Cereals ready-to-eat, corn flakes, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1		1		0.75	0.85	
Energy....kcal	399		0	NC	4		100	113	
Energy....kJ	1668		0	NC	4		417	473	
Protein (N x 6.25)....g	7.70		1		1		1.93	2.18	
Total lipid (fat)....g	0.30		1		1		0.08	0.09	
Ash....g	0.20		1		1		0.05	0.06	
Carbohydrate, by difference....g	88.80		0	NC	4		22.20	25.17	
Fiber, total dietary....g	1.1		0		4		0.3	0.3	
Sugars, total....g	6.11		0	FLM	4		1.53	1.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	43		2		1		11	12	
Iron, Fe....mg	2.22		2		1		0.56	0.63	
Magnesium, Mg....mg	13		0		1		3	4	
Phosphorus, P....mg	49		0		1		12	14	
Potassium, K....mg	73		1		1		18	21	
Sodium, Na....mg	10		1		1		3	3	
Zinc, Zn....mg	0.27		0		1		0.07	0.08	
Copper, Cu....mg	0.088		0		1		0.022	0.025	
Manganese, Mn....mg	0.082		0		4		0.021	0.023	
Selenium, Se....mcg	5.1		0	BFZN	4		1.3	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		2		1		0.003	0.003	
Riboflavin....mg	0.180		2		1		0.045	0.051	
Niacin....mg	0.420		2		1		0.105	0.119	
Pantothenic acid....mg	0.123		0		4		0.031	0.035	
Vitamin B-6....mg	0.063		0		4		0.016	0.018	
Folate, total....mcg	33		0	FLM	4		8	9	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	32		0	FLM	4		8	9	
Folate, DFE....mcg_DFE	32		0	NC	4		8	9	
Choline, total....mg	3.0		0	O	4		0.8	0.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	3	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	93		0	FLM	4		23	26	
Carotene, alpha....mcg	61		0	FLM	4		15	17	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	205		0	NC	4		51	58	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	1300		0	FLM	4		325	369	
Vitamin E (alpha-tocopherol)....mg	0.14		0	FLM	4		0.04	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.6		0	BFZN	4		0.9	1.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	143		0	BFZN	4		36	41	
Vitamin K (phylloquinone)....mcg	0.3		0	FLM	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.041		0		4		0.010	0.012	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08022
Cereals ready-to-eat, corn flakes, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLM	4		0.000	0.000	
15:0....g									
16:0....g	0.034		0	FLM	4		0.009	0.010	
17:0....g									
18:0....g	0.005		0	FLM	4		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.075		0	FLM	4		0.019	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.074		0	FLM	4		0.019	0.021	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0	FLM	4		0.032	0.037	
18:2 undifferentiated....g	0.126		0	FLM	4		0.031	0.036	
18:3 undifferentiated....g	0.004		0	FLM	4		0.001	0.001	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cup

Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42236
Cereals ready-to-eat, frosted oat cereal with marshmallows

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0		4		0.78		
Energy	kcal	388		0	LC	8		109		
Energy	kJ	1623		0		8		455		
Protein	g	7.10		0	LC	8		1.99		
Total lipid (fat)	g	3.50		0	LC	8		0.98		
Ash	g	2.50		0	BFZN	4		0.70		
Carbohydrate, by difference	g	84.10		0	NC	4		23.55		
Fiber, total dietary	g	4.3		0		4		1.2		
Sugars, total	g	43.50		0	BFZN	4		12.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0	LC	8		20		
Iron, Fe	mg	15.87		0	LC	8		4.44		
Magnesium, Mg	mg	28		0	LC	8		8		
Phosphorus, P	mg	141		0	LC	8		39		
Potassium, K	mg	207		0		4		58		
Sodium, Na	mg	564		0	LC	8		158		
Zinc, Zn	mg	7.94		0	LC	8		2.22		
Copper, Cu	mg	0.141		0	LC	8		0.039		
Manganese, Mn	mg									
Selenium, Se	mcg	34.5		0	RA	4		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9		0	LC	8		14.8		
Thiamin	mg	1.320		0	LC	8		0.370		
Riboflavin	mg	1.500		0	LC	8		0.420		
Niacin	mg	17.640		0	LC	8		4.939		
Pantothenic acid	mg									
Vitamin B-6	mg	1.760		0	LC	8		0.493		
Folate, total	mcg	353		0	LC	8		99		
Folic acid	mcg	334		0	NC	4		94		
Folate, food	mcg	19		0	BFZN	4		5		
Folate, DFE	mcg_DFE	587		0	NC	4		164		
Choline, total	mg	22.7		0	BFZN	4		6.4		
Betaine	mg									
* Vitamin B-12	mcg	5.29		0	LC	8		1.48		
* Vitamin B-12, added	mcg	5.29		0	NR	4		1.48		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		371		
Retinol	mcg	1324		0	NC	4		371		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	4409		0	LC	8		1235		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.57		0	BFZN	4		0.16		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.6		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	143		0	LC	8		40		
Vitamin K (phylloquinone)	mcg	1.2		0	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.620		0		4		0.174		
4:0	g	0.000		0		4		0.000		

NDB No. 42236

Cereals ready-to-eat, frosted oat cereal with marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.011		0		4		0.003		
13:0 ... g									
14:0 ... g	0.006		0		4		0.002		
15:0 ... g									
16:0 ... g	0.522		0		4		0.146		
17:0 ... g									
18:0 ... g	0.033		0		4		0.009		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.100		0		4		0.308		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.006		0		4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	1.094		0		4		0.306		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.280		0		4		0.358		
18:2 undifferentiated ... g	1.222		0		4		0.342		
18:3 undifferentiated ... g	0.056		0		4		0.016		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.40		0	RC	4		6.58	1.53	
Energy	kcal	489		0	NC	4		597	139	
Energy	kJ	2046		0	NC	4		2496	580	
Protein (N x 5.8)	g	14.85		0	RC	4		18.12	4.21	
Total lipid (fat)	g	24.06		0	RC	4		29.36	6.82	
Ash	g	2.43		0	RC	4		2.97	0.69	
Carbohydrate, by difference	g	53.25		0	RC	4		64.97	15.10	
Fiber, total dietary	g	9.0		0	RC	4		11.0	2.5	
Sugars, total	g	20.00		0	RC	4		24.40	5.67	
Starch	g									
Minerals:										
Calcium, Ca	mg	78		0	RC	4		95	22	
Iron, Fe	mg	4.23		0	RC	4		5.16	1.20	
Magnesium, Mg	mg	175		0	RC	4		214	50	
Phosphorus, P	mg	456		0	RC	4		557	129	
Potassium, K	mg	540		0	RC	4		659	153	
Sodium, Na	mg	25		0	RC	4		30	7	
Zinc, Zn	mg	4.03		0	RC	4		4.92	1.14	
Copper, Cu	mg	0.635		0	RC	4		0.775	0.180	
Manganese, Mn	mg	4.053		0	RC	4		4.944	1.149	
Selenium, Se	mcg	27.8		0	RC	4		33.9	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	RC	4		1.5	0.3	
Thiamin	mg	0.735		0	RC	4		0.896	0.208	
Riboflavin	mg	0.292		0	RC	4		0.356	0.083	
Niacin	mg	2.143		0	RC	4		2.615	0.608	
Pantothenic acid	mg	1.563		0	RC	4		1.907	0.443	
Vitamin B-6	mg	0.294		0	RC	4		0.359	0.083	
Folate, total	mcg	82		0	RC	4		100	23	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	82		0	RC	4		100	23	
Folate, DFE	mcg_DFE	82		0	NC	4		100	23	
Choline, total	mg	49.1		0	RC	4		59.9	13.9	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	RC	4		1	0	
Retinol	mcg	0		0	RC	4		0	0	
Carotene, beta	mcg	11		0	RC	4		14	3	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RC	4		0	0	
Vitamin A, IU	IU	19		0	RC	4		23	5	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	137		0	RC	4		168	39	
Vitamin E (alpha-tocopherol)	mg	11.11		0	RC	4		13.55	3.15	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	8.7		0	RC	4		10.7	2.5	
Lipids:										
Fatty acids, total saturated	g	4.058		0	RC	4		4.950	1.150	
4:0	g	0.000		0	RC	4		0.000	0.000	

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.015		0	RC	4		0.018	0.004	
8:0....g	0.169		0	RC	4		0.206	0.048	
10:0....g	0.132		0	RC	4		0.161	0.037	
12:0....g	0.993		0	RC	4		1.212	0.282	
13:0....g									
14:0....g	0.377		0	RC	4		0.460	0.107	
15:0....g	0.000		0	RC	4		0.000	0.000	
16:0....g	1.674		0	RC	4		2.042	0.475	
17:0....g	0.000		0	RC	4		0.000	0.000	
18:0....g	0.579		0	RC	4		0.707	0.164	
20:0....g	0.039		0	RC	4		0.047	0.011	
22:0....g	0.022		0	RC	4		0.026	0.006	
24:0....g	0.011		0	RC	4		0.014	0.003	
Fatty acids, total monounsaturated....g	9.527		0	RC	4		11.623	2.701	
14:1....g	0.000		0	RC	4		0.000	0.000	
15:1....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated....g	0.061		0	RC	4		0.075	0.017	
17:1....g									
18:1 undifferentiated....g	9.321		0	RC	4		11.372	2.642	
20:1....g	0.097		0	RC	4		0.118	0.028	
22:1 undifferentiated....g	0.032		0	RC	4		0.039	0.009	
24:1 c....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	9.218		0	RC	4		11.245	2.613	
18:2 undifferentiated....g	8.592		0	RC	4		10.483	2.436	
18:3 undifferentiated....g	0.620		0	RC	4		0.757	0.176	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	RC	4		0.000	0.000	
Cholesterol....mg	0		0	RC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	RC	4		0.239	0.056	
Threonine....g	0.540		0	RC	4		0.659	0.153	
Isoleucine....g	0.586		0	RC	4		0.715	0.166	
Leucine....g	1.050		0	RC	4		1.281	0.298	
Lysine....g	0.643		0	RC	4		0.785	0.182	
Methionine....g	0.256		0	RC	4		0.313	0.073	
Cystine....g	0.289		0	RC	4		0.353	0.082	
Phenylalanine....g	0.737		0	RC	4		0.900	0.209	
Tyrosine....g	0.436		0	RC	4		0.532	0.124	
Valine....g	0.753		0	RC	4		0.919	0.214	
Arginine....g	1.367		0	RC	4		1.668	0.388	
Histidine....g	0.390		0	RC	4		0.476	0.111	
Alanine....g	0.780		0	RC	4		0.951	0.221	
Aspartic acid....g	1.457		0	RC	4		1.777	0.413	
Glutamic acid....g	3.191		0	RC	4		3.893	0.905	
Glycine....g	0.866		0	RC	4		1.056	0.245	
Proline....g	0.794		0	RC	4		0.969	0.225	
Serine....g	0.683		0	RC	4		0.833	0.194	
Hydroxyproline....g	0.000		0	RC	4		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	
Theobromine....mg	0		0	RC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 122g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08305

Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	430		0	MC	9		129		
Energy	kJ	1799		0	MC	9		540		
Protein	g	6.00		0	MC	9		1.80		
Total lipid (fat)	g	9.80		0	NR	4		2.94		
Ash	g	1.80		0	MC	9		0.54		
Carbohydrate, by difference	g	79.90		0	MC	9		23.97		
Fiber, total dietary	g	1.8		0	MC	9		0.5		
Sugars, total	g	35.45		0	FLM	4		10.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	MC	9		6		
Iron, Fe	mg	6.00		0	MC	9		1.80		
Magnesium, Mg	mg	39		0	MC	9		12		
Phosphorus, P	mg	113		0	MC	9		34		
Potassium, K	mg	112		0	MC	9		34		
Sodium, Na	mg	432		0	MC	9		130		
Zinc, Zn	mg	1.36		0	FLM	4		0.41		
Copper, Cu	mg	0.118		0	MC	9		0.035		
Manganese, Mn	mg	1.278		0	FLM	4		0.383		
Selenium, Se	mcg	5.4		0	RA	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.070		0	FLM	4		0.021		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Choline, total	mg	10.0		0	FLM	4		3.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	737		0	NC	4		221		
Retinol	mcg	735		0	NC	4		220		
Carotene, beta	mcg	24		0	FLM	4		7		
Carotene, alpha	mcg	16		0	FLM	4		5		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	2500		0	MC	9		750		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	381		0	FLM	4		114		
Vitamin E (alpha-tocopherol)	mg	0.75		0	FLM	4		0.22		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.3		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	133		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	2.3		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.420		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08305

Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.007		0	FLM	4		0.002		
13:0....g									
14:0....g	0.009		0	FLM	4		0.003		
15:0....g									
16:0....g	1.026		0	FLM	4		0.308		
17:0....g									
18:0....g	0.323		0	FLM	4		0.097		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.303		0	FLM	4		1.291		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0	FLM	4		0.010		
17:1....g									
18:1 undifferentiated....g	4.269		0	FLM	4		1.281		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.082		0	FLM	4		1.225		
18:2 undifferentiated....g	3.846		0	FLM	4		1.154		
18:3 undifferentiated....g	0.236		0	FLM	4		0.071		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	8		0	FLM	4		2		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08156
Cereals ready-to-eat, rice, puffed, fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.139	32		1		0.42	0.43	
Energy....kcal	402		0	NC	4		56	57	
Energy....kJ	1682		0		4		235	239	
Protein (N x 5.95)....g	6.30	0.065	32		1		0.88	0.89	
Total lipid (fat)....g	0.50	0.032	32		1		0.07	0.07	
Ash....g	0.40	0.011	32		1		0.06	0.06	
Carbohydrate, by difference....g	89.80		0	NC	4		12.57	12.75	
Fiber, total dietary....g	1.7		0		4		0.2	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		1		1	1	
Iron, Fe....mg	31.70		0		5		4.44	4.50	
Magnesium, Mg....mg	25		1		1		4	4	
Phosphorus, P....mg	98		1		1		14	14	
Potassium, K....mg	113	2.482	5		1		16	16	
Sodium, Na....mg	3	0.277	30		1		0	0	
Zinc, Zn....mg	1.03	0.021	10		1		0.14	0.15	
Copper, Cu....mg	0.169	0.004	10		1		0.024	0.024	
Manganese, Mn....mg	1.500		1		1		0.210	0.213	
Selenium, Se....mcg	10.5		0	BFZN	4		1.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	2.600		0		5		0.364	0.369	
Riboflavin....mg	1.800		0		5		0.252	0.256	
Niacin....mg	35.300		0		5		4.942	5.013	
Pantothenic acid....mg	0.320	0.028	4		1		0.045	0.045	
Vitamin B-6....mg	0.075		1		1		0.011	0.011	
Folate, total....mcg	19	3.354	10		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19	3.354	10		1		3	3	
Folate, DFE....mcg_DFE	19		0	NC	4		3	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.130		0		4		0.018	0.018	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08156
Cereals ready-to-eat, rice, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.013	0.013	
Threonine....g	0.318		0		1		0.045	0.045	
Isoleucine....g	0.336		0		1		0.047	0.048	
Leucine....g	0.526		0		1		0.074	0.075	
Lysine....g	0.268		0		1		0.038	0.038	
Methionine....g	0.189		0		1		0.026	0.027	
Cystine....g	0.108		0		1		0.015	0.015	
Phenylalanine....g	0.270		0		1		0.038	0.038	
Tyrosine....g	0.355		0		1		0.050	0.050	
Valine....g	0.411		0		1		0.058	0.058	
Arginine....g	0.519		0		1		0.073	0.074	
Histidine....g	0.191		0		1		0.027	0.027	
Alanine....g	0.261		0		1		0.037	0.037	
Aspartic acid....g	0.583		0		1		0.082	0.083	
Glutamic acid....g	1.015		0		1		0.142	0.144	
Glycine....g	0.366		0		1		0.051	0.052	
Proline....g	0.266		0		1		0.037	0.038	
Serine....g	0.287		0		1		0.040	0.041	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08554

Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.60		1	MC	9		1.35		
Energy	kcal	422		1	MC	9		220		
Energy	kJ	1767		0	MC	9		919		
Protein	g	8.30		1	MC	9		4.32		
Total lipid (fat)	g	10.50		1	MC	9		5.46		
Ash	g	1.70		1	MC	9		0.88		
Carbohydrate, by difference	g	76.90		1	MC	9		39.99		
Fiber, total dietary	g	6.0		1	MC	9		3.1		
Sugars, total	g	24.50		1	MC	9		12.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		1	MC	9		24		
Iron, Fe	mg	3.46		1	MC	9		1.80		
Magnesium, Mg	mg	90		0	MC	9		47		
Phosphorus, P	mg	287		1	MC	9		149		
Potassium, K	mg	298		1	MC	9		155		
Sodium, Na	mg	279		1	MC	9		145		
Zinc, Zn	mg	2.89		1	MC	9		1.50		
Copper, Cu	mg	0.361		1	MC	9		0.188		
Manganese, Mn	mg									
Selenium, Se	mcg	24.4		0	FLC	4		12.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.720		1	MC	9		0.374		
Riboflavin	mg	0.820		1	MC	9		0.426		
Niacin	mg	9.620		1	MC	9		5.002		
Pantothenic acid	mg									
Vitamin B-6	mg	0.960		1	MC	9		0.499		
Folate, total	mcg	192		1	MC	9		100		
* Folic acid	mcg	173		0	NC	4		90		
Folate, food	mcg	19		0	FLC	4		10		
Folate, DFE	mcg_DFE	313		0	NC	4		163		
Choline, total	mg	23.6		0	FLC	4		12.3		
Betaine	mg									
* Vitamin B-12	mcg	2.89		1	MC	9		1.50		
* Vitamin B-12, added	mcg	2.85		0	NR	4		1.48		
Vitamin A, RAE	mcg_RAE	431		0	NC	4		224		
Retinol	mcg	431		0	NR	4		224		
Carotene, beta	mcg	4		0	FLC	4		2		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	1		0	FLC	4		0		
Vitamin A, IU	IU	1442		1	MC	9		750		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	81		0	FLC	4		42		
Vitamin E (alpha-tocopherol)	mg	0.55		0	FLC	4		0.28		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.9		1	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	77		1	MC	9		40		
Vitamin K (phylloquinone)	mcg	2.0		0	FLC	4		1.0		
Lipids:										
Fatty acids, total saturated	g	3.500		1	MC	9		1.820		
4:0	g	0.003		0	FLC	4		0.002		

NDB No. 08554

Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.010		0	FLC	4		0.005		
8:0 g	0.123		0	FLC	4		0.064		
10:0 g	0.103		0	FLC	4		0.053		
12:0 g	1.396		0	FLC	4		0.726		
13:0 g									
14:0 g	0.433		0	FLC	4		0.225		
15:0 g									
16:0 g	0.812		0	FLC	4		0.422		
17:0 g									
18:0 g	0.591		0	FLC	4		0.307		
20:0 g	0.011		0	FLC	4		0.006		
22:0 g	0.000		0	FLC	4		0.000		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	4.000		1	MC	9		2.080		
14:1 g	0.000		0	FLC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.006		0	FLC	4		0.003		
17:1 g									
18:1 undifferentiated g	3.977		0	FLC	4		2.068		
20:1 g	0.017		0	FLC	4		0.009		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	2.200		1	MC	9		1.144		
18:2 undifferentiated g	2.092		0	FLC	4		1.088		
18:3 undifferentiated g	0.108		0	FLC	4		0.056		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g	0.100		1	MC	9		0.052		
Cholesterol mg	0		1	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50		0	MC	9		4.68		
Energy....kcal	385		0	MC	9		212		
Energy....kJ	1611		0	MC	9		886		
Protein....g	7.10		0	MC	9		3.91		
Total lipid (fat)....g	5.60		0	NR	4		3.08		
Ash....g	2.60		0	MC	9		1.43		
Carbohydrate, by difference....g	76.20		0	MC	9		41.91		
Fiber, total dietary....g	9.7		0	MC	9		5.3		
Sugars, total....g	29.80		0	MC	9		16.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	43		0	MC	9		24		
Iron, Fe....mg	9.82		0	MC	9		5.40		
Magnesium, Mg....mg	120		0	MC	9		66		
Phosphorus, P....mg	294		0	MC	9		162		
Potassium, K....mg	443		0	MC	9		244		
Sodium, Na....mg	509		0	MC	9		280		
Zinc, Zn....mg	2.73		0	MC	9		1.50		
Copper, Cu....mg	0.473		0	MC	9		0.260		
Manganese, Mn....mg	2.474		0	FLM	4		1.361		
Selenium, Se....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.680		0	MC	9		0.374		
Riboflavin....mg	0.770		0	MC	9		0.424		
Niacin....mg	9.090		0	MC	9		5.000		
Pantothenic acid....mg	0.775		0	FLM	4		0.426		
Vitamin B-6....mg	0.910		0	MC	9		0.501		
Folate, total....mcg	182		0	MC	9		100		
Folic acid....mcg	163		0	NC	4		90		
Folate, food....mcg	19		0	CAZN	4		10		
Folate, DFE....mcg_DFE	296		0	NC	4		163		
Choline, total....mg	28.5		0	BFZN	4		15.7		
Betaine....mg									
* Vitamin B-12....mcg	2.73		0	MC	9		1.50		
* Vitamin B-12, added....mcg	2.73		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	410		0	NC	4		226		
Retinol....mcg	410		0	NC	4		226		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	1364		0	MC	9		750		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	2.32		0	MC	9		1.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.8		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	73		0	MC	9		40		
Vitamin K (phylloquinone)....mcg	1.7		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated....g	0.800		0	MC	9		0.440		
4:0....g	0.001		0	FLM	4		0.000		

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.003		0	FLM	4		0.002		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.003		0	FLM	4		0.002		
13:0 ... g									
14:0 ... g	0.006		0	FLM	4		0.003		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.540		0	FLM	4		0.297		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.182		0	FLM	4		0.100		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.951		0	FLM	4		1.073		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.017		0	FLM	4		0.009		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	1.929		0	FLM	4		1.061		
20:1 ... g	0.005		0	FLM	4		0.003		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.293		0	FLM	4		1.261		
18:2 undifferentiated ... g	2.219		0	FLM	4		1.220		
18:3 undifferentiated ... g	0.073		0	FLM	4		0.040		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08039
Cereals ready-to-eat, wheat and malt barley flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		0	MC	9		0.93	0.67	
Energy....kcal	365		0	MC	9		106	77	
Energy....kJ	1527		0		9		443	321	
Protein....g	10.00		0	MC	9		2.90	2.10	
Total lipid (fat)....g	2.90		0	NR	4		0.84	0.61	
Ash....g	2.40		0	MC	9		0.70	0.50	
Carbohydrate, by difference....g	81.50		0	MC	9		23.64	17.12	
Fiber, total dietary....g	8.8		0	MC	9		2.6	1.8	
Sugars, total....g	17.60		0	MC	9		5.10	3.70	
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0	MC	9		11	8	
Iron, Fe....mg	27.93		0	MC	9		8.10	5.87	
Magnesium, Mg....mg	103		0	MC	9		30	22	
Phosphorus, P....mg	302		0	MC	9		88	63	
Potassium, K....mg	340		0	MC	9		99	71	
Sodium, Na....mg	482		0	MC	9		140	101	
Zinc, Zn....mg	4.14		0	MC	9		1.20	0.87	
Copper, Cu....mg	0.500		0	MC	9		0.145	0.105	
Manganese, Mn....mg	2.046		0	FLC	4		0.593	0.430	
Selenium, Se....mcg	9.6		0	BFZN	4		2.8	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
Thiamin....mg	1.290		0	MC	9		0.374	0.271	
Riboflavin....mg	1.470		0	MC	9		0.426	0.309	
Niacin....mg	17.240		0	MC	9		5.000	3.620	
Pantothenic acid....mg	0.626		0	FLC	4		0.182	0.131	
Vitamin B-6....mg	1.730		0	MC	9		0.502	0.363	
Folate, total....mcg	345		0	MC	9		100	72	
Folic acid....mcg	326		0	NC	4		95	68	
Folate, food....mcg	19		0	CAZN	4		6	4	
Folate, DFE....mcg_DFE	573		0	NC	4		166	120	
Choline, total....mg	29.0		0	BFZN	4		8.4	6.1	
Betaine....mg									
* Vitamin B-12....mcg	5.17		0	MC	9		1.50	1.09	
* Vitamin B-12, added....mcg	5.17		0	NR	4		1.50	1.09	
Vitamin A, RAE....mcg_RAE	776		0	NC	4		225	163	
Retinol....mcg	776		0	NC	4		225	163	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2586		0	MC	9		750	543	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.21		0	FLM	4		0.35	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.5		0	MC	9		1.0	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	138		0	MC	9		40	29	
Vitamin K (phylloquinone)....mcg	1.5		0	FLM	4		0.4	0.3	
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.174	0.126	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08039
Cereals ready-to-eat, wheat and malt barley flakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.011		0	FLM	4		0.003	0.002	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.001		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.001	0.001	
15:0 ... g									
16:0 ... g	0.426		0	FLM	4		0.124	0.090	
17:0 ... g									
18:0 ... g	0.134		0	FLM	4		0.039	0.028	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.816		0	FLM	4		0.237	0.171	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.006		0	FLM	4		0.002	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.810		0	FLM	4		0.235	0.170	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.050		0	FLM	4		0.304	0.220	
18:2 undifferentiated ... g	1.004		0	FLM	4		0.291	0.211	
18:3 undifferentiated ... g	0.045		0	FLM	4		0.013	0.009	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	FLC	4		0	0	
Theobromine ... mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08084
Cereals ready-to-eat, wheat germ, toasted, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.60	0.251	14		1		6.33	1.59	
Energy	kcal	382		0	NC	4		432	108	
Energy	kJ	1598		0		4		1806	453	
Protein (N x 5.8)	g	29.10	0.516	14		1		32.88	8.25	
Total lipid (fat)	g	10.70	0.326	13		1		12.09	3.03	
Ash	g	5.00	0.094	7		1		5.65	1.42	
Carbohydrate, by difference	g	49.60		0	NC	4		56.05	14.06	
Fiber, total dietary	g	15.1	1.042	5	A	1		17.1	4.3	
Sugars, total	g	7.80		0	NR	4		8.81	2.21	
Sucrose	g	7.80	0.252	3	A	1		8.81	2.21	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		2		1		51	13	
Iron, Fe	mg	9.09	0.437	12		1		10.27	2.58	
Magnesium, Mg	mg	320	16.369	5		1		362	91	
Phosphorus, P	mg	1146	28.137	10		1		1295	325	
Potassium, K	mg	947		1		1		1070	268	
Sodium, Na	mg	4	0.403	7		1		5	1	
Zinc, Zn	mg	16.67	0.915	9		1		18.84	4.73	
Copper, Cu	mg	0.620	0.110	9		1		0.701	0.176	
Manganese, Mn	mg	19.956	0.282	4		1		22.550	5.658	
Selenium, Se	mcg	65.0		2	A	1		73.5	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0	1.440	9		1		6.8	1.7	
Thiamin	mg	1.670	0.069	10		1		1.887	0.473	
Riboflavin	mg	0.820	0.025	10		1		0.927	0.232	
Niacin	mg	5.590	0.224	12		1		6.317	1.585	
Pantothenic acid	mg	1.387	0.184	9		1		1.567	0.393	
Vitamin B-6	mg	0.978	0.072	12		1		1.105	0.277	
Folate, total	mcg	352	20.218	4		1		398	100	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	352		0	NR	4		398	100	
Folate, DFE	mcg_DFE	352		0	NC	4		398	100	
Choline, total	mg	178.6		0	AS	1		201.8	50.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		0	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	62		1	A	1		70	18	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	103		0	AS	1		117	29	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	790		1	A	1		893	224	
Vitamin E (alpha-tocopherol)	mg	15.99		0	BFFN	4		18.06	4.53	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08084
Cereals ready-to-eat, wheat germ, toasted, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	4.0		1	A	1		4.5	1.1	
Lipids:									
Fatty acids, total saturated.....g	1.830		0		1		2.068	0.519	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		0		1		0.011	0.003	
15:0.....g									
16:0.....g	1.750		0		1		1.978	0.496	
17:0.....g									
18:0.....g	0.060		0		1		0.068	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.500		0		1		1.695	0.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.045	0.011	
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		1.661	0.417	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.620		0		1		7.481	1.877	
18:2 undifferentiated.....g	5.820		0		1		6.577	1.650	
18:3 undifferentiated.....g	0.800		0		1		0.904	0.227	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.398		0		1		0.450	0.113	
Threonine.....g	1.218		0		1		1.376	0.345	
Isoleucine.....g	1.066		0		1		1.205	0.302	
Leucine.....g	1.976		0		1		2.233	0.560	
Lysine.....g	1.847		0		1		2.087	0.524	
Methionine.....g	0.574		0		1		0.649	0.163	
Cystine.....g	0.576		0		1		0.651	0.163	
Phenylalanine.....g	1.168		0		1		1.320	0.331	
Tyrosine.....g	0.885		0		1		1.000	0.251	
Valine.....g	1.507		0		1		1.703	0.427	
Arginine.....g	2.348		0		1		2.653	0.666	
Histidine.....g	0.810		0		1		0.915	0.230	
Alanine.....g	1.858		0		1		2.100	0.527	
Aspartic acid.....g	2.604		0		1		2.943	0.738	
Glutamic acid.....g	5.026		0		1		5.679	1.425	
Glycine.....g	1.791		0		1		2.024	0.508	
Proline.....g	1.549		0		1		1.750	0.439	
Serine.....g	1.386		0		1		1.566	0.393	
Hydroxyproline.....g									
Others:									

NDB No. 08084
Cereals ready-to-eat, wheat germ, toasted, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08157
Cereals ready-to-eat, wheat, puffed, fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		28		1		0.36	0.43	
Energy	kcal	364		0	NC	4		44	52	
Energy	kJ	1523		0		4		183	216	
Protein (N x 5.83)	g	14.70	0.142	38		1		1.76	2.09	
Total lipid (fat)	g	1.20	0.048	37		1		0.14	0.17	
Ash	g	1.50		28		1		0.18	0.21	
Carbohydrate, by difference	g	79.60		0	NC	4		9.55	11.30	
Fiber, total dietary	g	4.4		0		4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.208	10		1		3	4	
Iron, Fe	mg	31.70		0		5		3.80	4.50	
Magnesium, Mg	mg	145	4.802	11		1		17	21	
Phosphorus, P	mg	355	17.240	10		1		43	50	
Potassium, K	mg	348	12.369	16		1		42	49	
Sodium, Na	mg	4	0.438	30		1		0	1	
Zinc, Zn	mg	2.36	0.035	10		1		0.28	0.34	
Copper, Cu	mg	0.409	0.013	10		1		0.049	0.058	
Manganese, Mn	mg	1.755		0		4		0.211	0.249	
Selenium, Se	mcg	123.1		0	BFZN	4		14.8	17.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	2.600		0		5		0.312	0.369	
Riboflavin	mg	1.800		0		5		0.216	0.256	
Niacin	mg	35.300		0		5		4.236	5.013	
Pantothenic acid	mg	0.518	0.022	4		1		0.062	0.074	
Vitamin B-6	mg	0.170		1		1		0.020	0.024	
Folate, total	mcg	32	4.821	10		1		4	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0	NC	4		4	5	
Folate, DFE	mcg_DFE	32		0	NC	4		4	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200		0		4		0.024	0.028	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08157
Cereals ready-to-eat, wheat, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0		1		0.027	0.032	
Threonine....g	0.450		0		1		0.054	0.064	
Isoleucine....g	0.626		0		1		0.075	0.089	
Leucine....g	1.064		0		1		0.128	0.151	
Lysine....g	0.405		0		1		0.049	0.058	
Methionine....g	0.257		0		1		0.031	0.036	
Cystine....g	0.289		0		1		0.035	0.041	
Phenylalanine....g	0.762		0		1		0.091	0.108	
Tyrosine....g	0.445		0		1		0.053	0.063	
Valine....g	0.702		0		1		0.084	0.100	
Arginine....g	0.712		0		1		0.085	0.101	
Histidine....g	0.380		0		1		0.046	0.054	
Alanine....g	0.548		0		1		0.066	0.078	
Aspartic acid....g	0.823		0		1		0.099	0.117	
Glutamic acid....g	4.972		0		1		0.597	0.706	
Glycine....g	0.576		0		1		0.069	0.082	
Proline....g	1.537		0		1		0.184	0.218	
Serine....g	0.808		0		1		0.097	0.115	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Kraft, POST Shredded Wheat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.10	0.000	6	JA	6		2.81	2.81	1.52
Energy	kcal	337		0	MC	9		155	155	84
Energy	kJ	1410		0	MC	9		649	649	353
Protein	g	11.37	0.007	6	JA	6		5.23	5.23	2.84
Total lipid (fat)	g	2.21	0.193	6	JA	6		1.02	1.02	0.55
Ash	g	1.56	0.000	6	JA	6		0.72	0.72	0.39
Carbohydrate, by difference	g	78.76		0	NC	4		36.23	36.23	19.69
Fiber, total dietary	g	12.0	0.400	6	JA	6		5.5	5.5	3.0
Sugars, total	g	0.94		5	MA	12		0.43	0.43	0.24
Sucrose	g	0.55		1	A	1		0.25	0.25	0.14
Glucose (dextrose)	g	0.00		1	A	1		0.00	0.00	0.00
Fructose	g	0.00		1	A	1		0.00	0.00	0.00
Lactose	g	0.00		1	A	1		0.00	0.00	0.00
Maltose	g	0.00		1	A	1		0.00	0.00	0.00
Galactose	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g	65.10		1	A	1		29.95	29.95	16.27
Minerals:										
Calcium, Ca	mg	50	6.200	6	JA	6		23	23	12
Iron, Fe	mg	2.95	0.326	6	JA	6		1.36	1.36	0.74
Magnesium, Mg	mg	133	3.000	5	JA	6		61	61	33
Phosphorus, P	mg	370	5.750	9	JA	6		170	170	92
Potassium, K	mg	376	5.000	6	JA	6		173	173	94
Sodium, Na	mg	6		2	JA	6		3	3	1
Zinc, Zn	mg	3.00	0.103	6	JA	6		1.38	1.38	0.75
Copper, Cu	mg	0.362	0.022	6	JA	6		0.166	0.166	0.090
Manganese, Mn	mg	2.520		1	A	1		1.159	1.159	0.630
Selenium, Se	mcg	2.8		1	A	1		1.3	1.3	0.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.1	10.050	6	JA	6		4.6	4.6	2.5
Thiamin	mg	0.255		1	JA	6		0.117	0.117	0.064
Riboflavin	mg	0.128		1	JA	6		0.059	0.059	0.032
Niacin	mg	5.246		1	JA	6		2.413	2.413	1.312
Pantothenic acid	mg	0.308	0.308	6	JA	6		0.141	0.141	0.077
Vitamin B-6	mg	1.155		1	JA	6		0.531	0.531	0.289
Folate, total	mcg	43		1	JA	6		20	20	11
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	43		0	CAAN	4		20	20	11
Folate, DFE	mcg_DFE	43		0	NC	4		20	20	11
Choline, total	mg	23.1		0	AS	1		10.6	10.6	5.8
Betaine	mg	158.0		1	A	1		72.7	72.7	39.5
Vitamin B-12	mcg	0.00	0.000	6	JA	6		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		5	MA	12		0	0	0
Carotene, beta	mcg	0		5	MA	12		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		5	MA	12		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		5	MA	12		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	1.4		1	A	1		0.6	0.6	0.3
Lipids:									
Fatty acids, total saturated.....g	0.450		0	NC	4		0.207	0.207	0.112
4:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.430		1	A	1		0.198	0.198	0.108
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.020		1	A	1		0.009	0.009	0.005
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.350		0	NC	4		0.161	0.161	0.087
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.330		1	A	1		0.152	0.152	0.083
20:1.....g	0.020		1	A	1		0.009	0.009	0.005
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	NC	4		0.580	0.580	0.315
18:2 undifferentiated.....g	1.180		1	A	1		0.543	0.543	0.295
18:3 undifferentiated.....g	0.080		1	A	1		0.037	0.037	0.020
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		5	MA	12		0.000	0.000	0.000
Cholesterol.....mg	0		5	MA	12		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		1	A	1		0.064	0.064	0.035
Threonine.....g	0.310		1	A	1		0.143	0.143	0.078
Isoleucine.....g	0.340		1	A	1		0.156	0.156	0.085
Leucine.....g	0.680		1	A	1		0.313	0.313	0.170
Lysine.....g	0.320		1	A	1		0.147	0.147	0.080
Methionine.....g	0.170		1	A	1		0.078	0.078	0.043
Cystine.....g	0.240		1	A	1		0.110	0.110	0.060
Phenylalanine.....g	0.460		1	A	1		0.212	0.212	0.115
Tyrosine.....g	0.130		1	A	1		0.060	0.060	0.032
Valine.....g	0.450		1	A	1		0.207	0.207	0.112
Arginine.....g	0.450		1	A	1		0.207	0.207	0.112
Histidine.....g	0.230		1	A	1		0.106	0.106	0.058
Alanine.....g	0.390		1	A	1		0.179	0.179	0.097
Aspartic acid.....g	0.530		1	A	1		0.244	0.244	0.132
Glutamic acid.....g	2.990		1	A	1		1.375	1.375	0.748
Glycine.....g	0.430		1	A	1		0.198	0.198	0.108
Proline.....g	0.970		1	A	1		0.446	0.446	0.243
Serine.....g	0.490		1	A	1		0.225	0.225	0.123
Hydroxyproline.....g									
Others:									

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		5	MA	12		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 2 biscuits (1 NLEA serving)

Measure 2 = 46g: 1 serving

Measure 3 = 25g: 1 biscuit oblong

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42261

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		0	MC	9		3.07		
Energy	kcal	408		0	MC	9		216		
Energy	kJ	1707		0	MC	9		905		
Protein	g	9.30		0	MC	9		4.93		
Total lipid (fat)	g	11.80		0	NR	4		6.25		
Ash	g	2.00		0	MC	9		1.06		
Carbohydrate, by difference	g	71.40		0	MC	9		37.84		
Fiber, total dietary	g	7.0		0	MC	9		3.7		
Sugars, total	g	15.30		0	MC	9		8.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9		15		
Iron, Fe	mg	5.09		0	MC	9		2.70		
Magnesium, Mg	mg	87		0	MC	9		46		
Phosphorus, P	mg	223		0	MC	9		118		
Potassium, K	mg	321		0	MC	9		170		
Sodium, Na	mg	403		0	MC	9		214		
Zinc, Zn	mg	2.26		0	MC	9		1.20		
Copper, Cu	mg	0.338		0	MC	9		0.179		
Manganese, Mn	mg	2.753		0	FLC	4		1.459		
Selenium, Se	mcg	14.1		0	RA	4		7.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.710		0	MC	9		0.376		
Riboflavin	mg	0.850		0	MC	9		0.451		
Niacin	mg	9.430		0	MC	9		4.998		
Pantothenic acid	mg	0.851		0	FLC	4		0.451		
Vitamin B-6	mg	0.940		0	MC	9		0.498		
Folate, total	mcg	189		0	MC	9		100		
Folic acid	mcg	170		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	308		0	NC	4		163		
Choline, total	mg	23.0		0	FLM	4		12.2		
Betaine	mg									
* Vitamin B-12	mcg	2.83		0	MC	9		1.50		
* Vitamin B-12, added	mcg	2.83		0	NR	4		1.50		
Vitamin A, RAE	mcg_RAE	425		0	NC	4		225		
Retinol	mcg	425		0	NC	4		225		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1415		0	MC	9		750		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.80		0	MC	9		0.43		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.9		0	MC	9		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	75		0	MC	9		40		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.742		

NDB No. 42261

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	FLM	4		0.000		
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.005		0	FLM	4		0.003		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.006		0	FLM	4		0.003		
13:0 g	0.000		0	FLM	4		0.000		
14:0 g	0.004		0	FLM	4		0.002		
15:0 g	0.000		0	FLM	4		0.000		
16:0 g	1.022		0	FLM	4		0.542		
17:0 g	0.000		0	FLM	4		0.000		
18:0 g	0.305		0	FLM	4		0.162		
20:0 g	0.009		0	FLM	4		0.005		
22:0 g	0.000		0	FLM	4		0.000		
24:0 g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated g	6.262		0	FLC	4		3.319		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g									
16:1 undifferentiated g	0.009		0	FLM	4		0.005		
17:1 g									
18:1 undifferentiated g	5.733		0	FLM	4		3.038		
20:1 g	0.023		0	FLM	4		0.012		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated g	3.797		0	FLM	4		2.012		
18:2 undifferentiated g	3.646		0	FLM	4		1.932		
18:3 undifferentiated g	0.150		0	FLM	4		0.079		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08168

Cereals, CREAM OF RICE, cooked with water, with salt

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.50		0		1		213.50	160.13	
Energy....kcal	52		0	NC	4		127	95	
Energy....kJ	218				4		531	398	
Protein (N x 5.95)....g	0.90		0		1		2.20	1.65	
Total lipid (fat)....g	0.10		0		1		0.24	0.18	
Ash....g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference....g	11.50		0	NC	4		28.06	21.05	
Fiber, total dietary....g	0.1		0		4		0.2	0.2	
Sugars, total....g	0.02		0	BFNN	4		0.04	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0		1		7	5	
Iron, Fe....mg	0.20		0		5		0.49	0.37	
Magnesium, Mg....mg	3		0		1		7	5	
Phosphorus, P....mg	17		0		1		41	31	
Potassium, K....mg	20		0		1		49	37	
Sodium, Na....mg	173		0		1		422	317	
Zinc, Zn....mg	0.16		0		1		0.39	0.29	
Copper, Cu....mg	0.034		0		1		0.083	0.062	
Manganese, Mn....mg	0.144		0		1		0.351	0.264	
Selenium, Se....mcg	3.0		0	BFZN	4		7.3	5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		5		0.000	0.000	
Riboflavin....mg	0.000		0		5		0.000	0.000	
Niacin....mg	0.400		0		5		0.976	0.732	
Pantothenic acid....mg	0.076		0		4		0.185	0.139	
Vitamin B-6....mg	0.027		0		1		0.066	0.049	
Folate, total....mcg	3		0		1		7	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0	BFZN	4		7	5	
Folate, DFE....mcg_DFE	3		0	NC	4		7	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFNN	4		0	0	
Carotene, alpha....mcg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFNN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFNN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFNN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFNN	4		0.04	0.03	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFNN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.020		0		4		0.049	0.037	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 08168
Cereals, CREAM OF RICE, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFZN	4		0.000	0.000	
12:0 g	0.000		0	BFZN	4		0.000	0.000	
13:0 g									
14:0 g	0.001		0	BFZN	4		0.002	0.002	
15:0 g									
16:0 g	0.025		0	BFZN	4		0.061	0.046	
17:0 g									
18:0 g	0.002		0	BFZN	4		0.005	0.004	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.031		0	BFZN	4		0.076	0.057	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.031		0	BFZN	4		0.076	0.057	
20:1 g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.027		0	BFZN	4		0.066	0.049	
18:2 undifferentiated g	0.022		0	BFZN	4		0.054	0.040	
18:3 undifferentiated g	0.005		0	BFZN	4		0.012	0.009	
18:4 g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.013		0		1		0.032	0.024	
Threonine g	0.044		0		1		0.107	0.081	
Isoleucine g	0.015		0		1		0.037	0.027	
Leucine g	0.073		0		1		0.178	0.134	
Lysine g	0.037		0		1		0.090	0.068	
Methionine g	0.026		0		1		0.063	0.048	
Cystine g	0.015		0		1		0.037	0.027	
Phenylalanine g	0.037		0		1		0.090	0.068	
Tyrosine g	0.049		0		1		0.120	0.090	
Valine g	0.057		0		1		0.139	0.104	
Arginine g	0.072		0		1		0.176	0.132	
Histidine g	0.026		0		1		0.063	0.048	
Alanine g	0.036		0		1		0.088	0.066	
Aspartic acid g	0.080		0		1		0.195	0.146	
Glutamic acid g	0.140		0		1		0.342	0.256	
Glycine g	0.050		0		1		0.122	0.092	
Proline g	0.037		0		1		0.090	0.068	
Serine g	0.040		0		1		0.098	0.073	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	0		0	BFNN	4		0	0	
Theobromine mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08168

Cereals, CREAM OF RICE, cooked with water, with salt

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 183g: .75 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08101

Cereals, CREAM OF RICE, cooked with water, without salt

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.50		0		1		213.50	13.13	160.13
Energy ... kcal	52		0	NC	4		127	8	95
Energy ... kJ	218		0		4		531	33	398
Protein (N x 5.95) ... g	0.90		0		1		2.20	0.14	1.65
Total lipid (fat) ... g	0.10		0		1		0.24	0.02	0.18
Ash ... g	0.10		0		1		0.24	0.02	0.18
Carbohydrate, by difference ... g	11.40		0	NC	4		27.82	1.71	20.86
Fiber, total dietary ... g	0.1		0		4		0.2	0.0	0.2
Sugars, total ... g	0.02		0	BFNN	4		0.04	0.00	0.03
Starch ... g									
Minerals:									
Calcium, Ca ... mg	3		0		1		7	0	5
Iron, Fe ... mg	0.20		0		5		0.49	0.03	0.37
Magnesium, Mg ... mg	3		0		1		7	0	5
Phosphorus, P ... mg	17		0		1		41	3	31
Potassium, K ... mg	20		0		1		49	3	37
Sodium, Na ... mg	1		0		1		2	0	2
Zinc, Zn ... mg	0.16		0		1		0.39	0.02	0.29
Copper, Cu ... mg	0.034		0		1		0.083	0.005	0.062
Manganese, Mn ... mg	0.144		0		1		0.351	0.022	0.264
Selenium, Se ... mcg	3.0		0	BFSN	4		7.3	0.5	5.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		4		0.0	0.0	0.0
Thiamin ... mg	0.000		0		5		0.000	0.000	0.000
Riboflavin ... mg	0.000		0		5		0.000	0.000	0.000
Niacin ... mg	0.400		0		5		0.976	0.060	0.732
Pantothenic acid ... mg	0.076		0		4		0.185	0.011	0.139
Vitamin B-6 ... mg	0.027		0		1		0.066	0.004	0.049
Folate, total ... mcg	3		0		1		7	0	5
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	3		0		1		7	0	5
Folate, DFE ... mcg_DFE	3		0	NC	4		7	0	5
Choline, total ... mg	0.8		0	BFSN	4		2.0	0.1	1.5
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	0
Retinol ... mcg	0		0	Z	7		0	0	0
Carotene, beta ... mcg	0		0	BFNN	4		0	0	0
Carotene, alpha ... mcg	0		0	BFNN	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	BFNN	4		0	0	0
Vitamin A, IU ... IU	0		0	NC	4		0	0	0
Lycopene ... mcg	0		0	BFNN	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	BFNN	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.02		0	BFNN	4		0.04	0.00	0.03
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	0.0		0	BFNN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated ... g	0.027		0		4		0.066	0.004	0.049
4:0 ... g	0.000		0		4		0.000	0.000	0.000

NDB No. 08101
Cereals, CREAM OF RICE, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		4		0.002	0.000	0.002
15:0....g									
16:0....g	0.025		0		4		0.061	0.004	0.046
17:0....g									
18:0....g	0.002		0		4		0.005	0.000	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		4		0.076	0.005	0.057
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.031		0		4		0.076	0.005	0.057
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.027		0		4		0.066	0.004	0.049
18:2 undifferentiated....g	0.022		0		4		0.054	0.003	0.040
18:3 undifferentiated....g	0.005		0		4		0.012	0.001	0.009
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032	0.002	0.024
Threonine....g	0.044		0		1		0.107	0.007	0.081
Isoleucine....g	0.015		0		1		0.037	0.002	0.027
Leucine....g	0.073		0		1		0.178	0.011	0.134
Lysine....g	0.037		0		1		0.090	0.006	0.068
Methionine....g	0.026		0		1		0.063	0.004	0.048
Cystine....g	0.015		0		1		0.037	0.002	0.027
Phenylalanine....g	0.037		0		1		0.090	0.006	0.068
Tyrosine....g	0.049		0		1		0.120	0.007	0.090
Valine....g	0.057		0		1		0.139	0.009	0.104
Arginine....g	0.072		0		1		0.176	0.011	0.132
Histidine....g	0.026		0		1		0.063	0.004	0.048
Alanine....g	0.036		0		1		0.088	0.005	0.066
Aspartic acid....g	0.080		0		1		0.195	0.012	0.146
Glutamic acid....g	0.140		0		1		0.342	0.021	0.256
Glycine....g	0.050		0		1		0.122	0.008	0.092
Proline....g	0.037		0		1		0.090	0.006	0.068
Serine....g	0.040		0		1		0.098	0.006	0.073
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08101

Cereals, CREAM OF RICE, cooked with water, without salt

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 183g: .75 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08100
Cereals, CREAM OF RICE, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.50	1.392	3		1		4.83		
Energy....kcal	370		0	NC	4		170		
Energy....kJ	1548		0		4		712		
Protein (N x 5.95)....g	6.30	0.496	3		1		2.90		
Total lipid (fat)....g	0.50		2		1		0.23		
Ash....g	0.40	0.130	3		1		0.18		
Carbohydrate, by difference....g	82.40		0	NC	4		37.90		
Fiber, total dietary....g	0.7		0		4		0.3		
Sugars, total....g	0.12		0	BFNN	4		0.05		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		11		
Iron, Fe....mg	1.30		0		5		0.60		
Magnesium, Mg....mg	23		0		1		11		
Phosphorus, P....mg	124		0		1		57		
Potassium, K....mg	143		0		1		66		
Sodium, Na....mg	6		0		1		3		
Zinc, Zn....mg	1.12		0		1		0.52		
Copper, Cu....mg	0.244		0		1		0.112		
Manganese, Mn....mg	1.033		0		1		0.475		
Selenium, Se....mcg	19.0		0	RA	4		8.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.200		0		5		0.092		
Riboflavin....mg	0.100		0		5		0.046		
Niacin....mg	3.000		0		5		1.380		
Pantothenic acid....mg	0.550		0		4		0.253		
Vitamin B-6....mg	0.195		0		1		0.090		
Folate, total....mcg	29		0		1		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	29		0		1		13		
Folate, DFE....mcg_DFE	29		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFNN	4		0		
Carotene, alpha....mcg	0		0	BFNN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFNN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFNN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFNN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFNN	4		0.05		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFNN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.136		0		4		0.063		
4:0....g	0.000		0		4		0.000		

NDB No. 08100
Cereals, CREAM OF RICE, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000		
8:0 g	0.000		0		4		0.000		
10:0 g	0.000		0		4		0.000		
12:0 g	0.000		0		4		0.000		
13:0 g									
14:0 g	0.003		0		4		0.001		
15:0 g									
16:0 g	0.122		0		4		0.056		
17:0 g									
18:0 g	0.009		0		4		0.004		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.156		0		4		0.072		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		4		0.001		
17:1 g									
18:1 undifferentiated g	0.154		0		4		0.071		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.134		0		4		0.062		
18:2 undifferentiated g	0.111		0		4		0.051		
18:3 undifferentiated g	0.024		0		4		0.011		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.042		
Threonine g	0.314		0		1		0.144		
Isoleucine g	0.332		0		1		0.153		
Leucine g	0.520		0		1		0.239		
Lysine g	0.265		0		1		0.122		
Methionine g	0.187		0		1		0.086		
Cystine g	0.107		0		1		0.049		
Phenylalanine g	0.267		0		1		0.123		
Tyrosine g	0.351		0		1		0.161		
Valine g	0.407		0		1		0.187		
Arginine g	0.513		0		1		0.236		
Histidine g	0.189		0		1		0.087		
Alanine g	0.259		0		1		0.119		
Aspartic acid g	0.576		0		1		0.265		
Glutamic acid g	1.004		0		1		0.462		
Glycine g	0.362		0		1		0.167		
Proline g	0.263		0		1		0.121		
Serine g	0.284		0		1		0.131		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	BFNN	4		0		
Theobromine mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 08100
Cereals, CREAM OF RICE, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: .25 cup (1 NLEA serving)

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08578

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt

B&G Foods, distributor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.51	0.445	4	A	1		205.03		
Energy....kcal	55		0	NC	4		130		
Energy....kJ	230		0	NC	4		545		
Protein....g	1.95	0.027	4	A	1		4.63		
Total lipid (fat)....g	0.37	0.015	4	A	1		0.88		
Ash....g	0.49	0.049	4	A	1		1.16		
Carbohydrate, by difference....g	10.67		0	NC	4		25.30		
Fiber, total dietary....g	1.5	0.318	4	A	1		3.6		
Sugars, total....g	2.98		2	A	1		7.07		
Sucrose....g	0.07		2	A	1		0.17		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	2.91		2	A	1		6.89		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	5.17	0.318	3	A	1		12.24		
Minerals:									
Calcium, Ca....mg	126	11.535	4	A	1		298		
Iron, Fe....mg	4.88	0.401	4	A	1		11.57		
Magnesium, Mg....mg	8	0.285	4	A	1		19		
Phosphorus, P....mg	28	0.896	4	A	1		67		
Potassium, K....mg	23	0.477	4	A	1		53		
Sodium, Na....mg	4	0.000	4	A	1		9		
Zinc, Zn....mg	0.25	0.012	4	A	1		0.60		
Copper, Cu....mg	0.044	0.003	4	A	1		0.105		
Manganese, Mn....mg	0.236	0.007	4	A	1		0.559		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.097	0.010	4	A	1		0.231		
Riboflavin....mg	0.037	0.005	4	A	1		0.089		
Niacin....mg	0.820	0.063	4	A	1		1.943		
Pantothenic acid....mg	0.240	0.037	4	A	1		0.569		
Vitamin B-6....mg	0.020	0.000	4	A	1		0.047		
Folate, total....mcg	30	2.056	4	A	1		71		
* Folic acid....mcg	16	1.181	4	A	1		37		
Folate, food....mcg	14	1.581	4	AS	1		33		
Folate, DFE....mcg_DFE	41		0	NC	4		97		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.04	0.004	4	A	1		0.09		
Tocopherol, beta....mg	0.02	0.002	4	A	1		0.04		
Tocopherol, gamma....mg	0.15	0.004	4	A	1		0.36		
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		

NDB No. 08578

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.094		0	NC	4		0.223		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.001		
13:0....g									
14:0....g	0.002	0.001	3	A	1		0.004		
15:0....g	0.000	0.000	3	A	1		0.001		
16:0....g	0.083	0.002	3	A	1		0.197		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.008	0.001	3	A	1		0.018		
20:0....g	0.000	0.000	3	A	1		0.000		
22:0....g	0.000	0.000	3	A	1		0.001		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.049		0	NC	4		0.117		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	3	AS	1		0.001		
16:1 c....g	0.000	0.000	3	A	1		0.001		
16:1 t....g									
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.046	0.001	3	AS	1		0.109		
18:1 c....g	0.046	0.001	3	A	1		0.109		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	3	A	1		0.003		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.002	0.001	3	A	1		0.004		
Fatty acids, total polyunsaturated....g	0.194		0	NC	4		0.459		
18:2 undifferentiated....g	0.183	0.008	3	AS	1		0.433		
18:2 n-6 c,c....g	0.183	0.008	3	A	1		0.433		
18:2 CLAs....g	0.000	0.000	3	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	3	A	1		0.000		
18:3 undifferentiated....g	0.011	0.001	3	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g	0.011	0.001	3	A	1		0.026		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 08578

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.027		0	A	1		0.063		
Threonine.....g	0.075		0	A	1		0.177		
Isoleucine.....g	0.132		0	A	1		0.313		
Leucine.....g	0.244		0	A	1		0.578		
Lysine.....g	0.082		0	A	1		0.194		
Methionine.....g	0.065		0	A	1		0.153		
Cystine.....g	0.052		0	A	1		0.124		
Phenylalanine.....g	0.182		0	A	1		0.430		
Tyrosine.....g	0.104		0	A	1		0.248		
Valine.....g	0.167		0	A	1		0.395		
Arginine.....g	0.099		0	A	1		0.236		
Histidine.....g	0.060		0	A	1		0.141		
Alanine.....g	0.132		0	A	1		0.313		
Aspartic acid.....g	0.167		0	A	1		0.395		
Glutamic acid.....g	1.169		0	A	1		2.771		
Glycine.....g	0.134		0	A	1		0.318		
Proline.....g	0.439		0	A	1		1.041		
Serine.....g	0.167		0	A	1		0.395		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08577

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt

B&G Foods, distributor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.40	0.129	4	A	1		211.69		
Energy....kcal	56		0	NC	4		138		
Energy....kJ	235		0	NC	4		576		
Protein....g	1.65	0.062	4	A	1		4.05		
Total lipid (fat)....g	0.42	0.041	4	A	1		1.03		
Ash....g	0.37	0.021	4	A	1		0.90		
Carbohydrate, by difference....g	11.16		0	NC	4		27.33		
Fiber, total dietary....g	0.4	0.358	4	A	1		1.1		
Sugars, total....g	0.07		2	A	1		0.18		
Sucrose....g	0.07		2	A	1		0.18		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	12.92	0.576	4	A	1		31.67		
Minerals:									
Calcium, Ca....mg	125	13.537	4	A	1		306		
Iron, Fe....mg	4.70	0.493	4	A	1		11.53		
Magnesium, Mg....mg	8	0.512	4	A	1		19		
Phosphorus, P....mg	27	1.487	4	A	1		67		
Potassium, K....mg	23	0.690	4	A	1		57		
Sodium, Na....mg	4	0.000	4	A	1		9		
Zinc, Zn....mg	0.26	0.023	4	A	1		0.64		
Copper, Cu....mg	0.042	0.002	4	A	1		0.104		
Manganese, Mn....mg	0.227	0.018	4	A	1		0.557		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.055	0.010	4	A	1		0.135		
Riboflavin....mg	0.022	0.003	4	A	1		0.055		
Niacin....mg	0.842	0.066	4	A	1		2.064		
Pantothenic acid....mg	0.192	0.017	4	A	1		0.472		
Vitamin B-6....mg	0.033	0.004	4	A	1		0.080		
Folate, total....mcg	26	2.287	4	A	1		64		
* Folic acid....mcg	14	2.323	4	A	1		35		
Folate, food....mcg	12	0.408	4	AS	1		29		
Folate, DFE....mcg_DFE	36		0	NC	4		89		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.03	0.003	4	A	1		0.08		
Tocopherol, beta....mg	0.02	0.002	4	A	1		0.04		
Tocopherol, gamma....mg	0.14	0.008	4	A	1		0.35		
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		

NDB No. 08577

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.106		0	NC	4		0.260		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.002	0.000	4	A	1		0.004		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.093	0.002	4	A	1		0.227		
17:0....g	0.000	0.000	4	A	1		0.000		
18:0....g	0.011	0.001	4	A	1		0.028		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.000	0.000	4	A	1		0.001		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.064		0	NC	4		0.156		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.001	0.001	4	AS	1		0.002		
16:1 c....g	0.001	0.001	4	A	1		0.002		
16:1 t....g									
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	0.058	0.005	4	AS	1		0.143		
18:1 c....g	0.058	0.005	4	A	1		0.143		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	4	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.005	0.001	4	A	1		0.011		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.210		0	NC	4		0.515		
18:2 undifferentiated....g	0.201	0.002	4	AS	1		0.491		
18:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
18:2 CLAs....g	0.000	0.000	4	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.201	0.002	4	A	1		0.491		
18:3 undifferentiated....g	0.009	0.002	4	AS	1		0.022		
18:3 n-3 c,c,c (ALA)....g	0.009	0.002	4	A	1		0.022		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.001		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.201		0	NC	4		0.491		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.201		0	NC	4		0.491		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 08577

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.020		0	A	1		0.049		
Threonine.....g	0.043		0	A	1		0.104		
Isoleucine.....g	0.063		0	A	1		0.153		
Leucine.....g	0.115		0	A	1		0.283		
Lysine.....g	0.023		0	A	1		0.055		
Methionine.....g	0.035		0	A	1		0.086		
Cystine.....g	0.037		0	A	1		0.092		
Phenylalanine.....g	0.088		0	A	1		0.216		
Tyrosine.....g	0.050		0	A	1		0.123		
Valine.....g	0.093		0	A	1		0.228		
Arginine.....g	0.047		0	A	1		0.116		
Histidine.....g	0.032		0	A	1		0.079		
Alanine.....g	0.075		0	A	1		0.184		
Aspartic acid.....g	0.095		0	A	1		0.233		
Glutamic acid.....g	0.612		0	A	1		1.500		
Glycine.....g	0.063		0	A	1		0.153		
Proline.....g	0.368		0	A	1		0.901		
Serine.....g	0.090		0	A	1		0.221		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08576

Cereals, CREAM OF WHEAT, 1 minute cook time, dry

B&G Foods, distributor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.41	0.069	4	A	1		3.76	1.56	22.13
Energy....kcal	359		0	NC	4		119	49	697
Energy....kJ	1503		0	NC	4		496	206	2916
Protein....g	11.77	0.055	4	A	1		3.88	1.61	22.83
Total lipid (fat)....g	1.47	0.064	4	A	1		0.49	0.20	2.86
Ash....g	2.72	0.131	4	A	1		0.90	0.37	5.27
Carbohydrate, by difference....g	72.63		0	NC	4		23.97	9.95	140.90
Fiber, total dietary....g	4.4	0.352	4	A	1		1.4	0.6	8.5
Sugars, total....g	0.51	0.034	4	A	1		0.17	0.07	0.98
Sucrose....g	0.41	0.014	4	A	1		0.14	0.06	0.80
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.10	0.021	4	A	1		0.03	0.01	0.18
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	801	85.251	4	A	1		264	110	1553
Iron, Fe....mg	29.75	3.047	4	A	1		9.82	4.08	57.72
Magnesium, Mg....mg	45	1.806	4	A	1		15	6	87
Phosphorus, P....mg	167	5.764	4	A	1		55	23	324
Potassium, K....mg	151	4.131	4	A	1		50	21	293
Sodium, Na....mg	7	0.000	4	A	1		2	1	14
Zinc, Zn....mg	1.35	0.027	4	A	1		0.45	0.19	2.63
Copper, Cu....mg	0.211	0.005	4	A	1		0.070	0.029	0.409
Manganese, Mn....mg	1.347	0.046	4	A	1		0.445	0.185	2.614
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.740	0.052	4	A	1		0.244	0.101	1.435
Riboflavin....mg	0.375	0.052	4	A	1		0.124	0.051	0.727
Niacin....mg	6.075	0.528	4	A	1		2.005	0.832	11.785
Pantothenic acid....mg	0.620	0.023	4	A	1		0.205	0.085	1.203
Vitamin B-6....mg	0.092	0.009	4	A	1		0.031	0.013	0.179
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.31	0.000	4	A	1		0.10	0.04	0.60
Tocopherol, beta....mg	0.10	0.002	4	A	1		0.03	0.01	0.20
Tocopherol, gamma....mg	1.00	0.017	4	A	1		0.33	0.14	1.94
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.295		0	NC	4		0.097	0.040	0.573
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 08576
Cereals, CREAM OF WHEAT, 1 minute cook time, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.002	0.000	4	A	1		0.001	0.000	0.005
15:0 g	0.002	0.000	4	A	1		0.001	0.000	0.004
16:0 g	0.265	0.004	4	A	1		0.087	0.036	0.514
17:0 g	0.001	0.000	4	A	1		0.000	0.000	0.002
18:0 g	0.018	0.000	4	A	1		0.006	0.002	0.035
20:0 g	0.001	0.001	4	A	1		0.000	0.000	0.003
22:0 g	0.003	0.000	4	A	1		0.001	0.000	0.005
24:0 g	0.003	0.000	4	A	1		0.001	0.000	0.005
Fatty acids, total monounsaturated g	0.183		0	NC	4		0.061	0.025	0.356
14:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.001	0.000	4	AS	1		0.000	0.000	0.002
16:1 c g	0.001	0.000	4	A	1		0.000	0.000	0.002
16:1 t g									
17:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.174	0.003	4	AS	1		0.057	0.024	0.337
18:1 c g	0.174	0.003	4	A	1		0.057	0.024	0.337
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.009	0.000	4	A	1		0.003	0.001	0.017
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	0.001
22:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.001
22:1 t g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.849		0	NC	4		0.280	0.116	1.647
18:2 undifferentiated g	0.801	0.011	4	AS	1		0.264	0.110	1.553
18:2 n-6 c,c g	0.801	0.011	4	A	1		0.264	0.110	1.553
18:2 CLAs g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3 undifferentiated g	0.048	0.000	4	AS	1		0.016	0.007	0.093
18:3 n-3 c,c,c (ALA) g	0.048	0.000	4	A	1		0.016	0.007	0.093
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000	0.000	0.001
20:3 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.115		0	A	1		0.038	0.016	0.223
Threonine g	0.212		0	A	1		0.070	0.029	0.412
Isoleucine g	0.412		0	A	1		0.136	0.056	0.800

NDB No. 08576
Cereals, CREAM OF WHEAT, 1 minute cook time, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.850		0	A	1		0.280	0.116	1.649
Lysine....g	0.355		0	A	1		0.117	0.049	0.688
Methionine....g	0.180		0	A	1		0.059	0.025	0.349
Cystine....g	0.180		0	A	1		0.059	0.025	0.349
Phenylalanine....g	0.560		0	A	1		0.185	0.077	1.086
Tyrosine....g	0.162		0	A	1		0.054	0.022	0.315
Valine....g	0.512		0	A	1		0.169	0.070	0.994
Arginine....g	0.450		0	A	1		0.148	0.062	0.873
Histidine....g	0.250		0	A	1		0.082	0.034	0.485
Alanine....g	0.367		0	A	1		0.121	0.050	0.713
Aspartic acid....g	0.522		0	A	1		0.172	0.072	1.013
Glutamic acid....g	4.005		0	A	1		1.322	0.549	7.770
Glycine....g	0.455		0	A	1		0.150	0.062	0.882
Proline....g	1.564		0	A	1		0.516	0.214	3.034
Serine....g	0.580		0	A	1		0.191	0.079	1.125
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 3 tablespoon (1 serving)

Measure 2 = 13.7g: 1 tbsp

Measure 3 = 194g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08106

Cereals, CREAM OF WHEAT, instant, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.40	0.165	23		1		18.51	1.20	
Energy....kcal	366		0	NC	4		651	42	
Energy....kJ	1531		0		4		2726	176	
Protein (N x 5.7)....g	10.60	0.083	23		1		18.87	1.22	
Total lipid (fat)....g	1.40	0.071	23		1		2.49	0.16	
Ash....g	2.10	0.033	23		1		3.74	0.24	
Carbohydrate, by difference....g	75.50		0	NC	4		134.39	8.68	
Fiber, total dietary....g	3.3		2		1		5.8	0.4	
Sugars, total....g	0.40		0	NR	4		0.71	0.05	
Sucrose....g	0.40		1		1		0.71	0.05	
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
* Calcium, Ca....mg	357		1	LC	8		636	41	
* Iron, Fe....mg	28.60		0		5		50.91	3.29	
Magnesium, Mg....mg	34		1		1		61	4	
Phosphorus, P....mg	103		1		1		183	12	
Potassium, K....mg	115		1		1		205	13	
Sodium, Na....mg	15		1		1		27	2	
Zinc, Zn....mg	0.98		1		1		1.74	0.11	
Copper, Cu....mg	0.216		1		1		0.384	0.025	
Manganese, Mn....mg									
Selenium, Se....mcg	20.0		0	BFZN	4		35.6	2.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
* Thiamin....mg	1.339		1	LC	8		2.384	0.154	
* Riboflavin....mg	1.214		1	LC	8		2.161	0.140	
* Niacin....mg	17.857		1	LC	8		31.786	2.054	
Pantothenic acid....mg	0.474		0		4		0.844	0.055	
* Vitamin B-6....mg	1.786		1	LC	8		3.179	0.205	
* Folate, total....mcg	357		0	LC	8		635	41	
Folic acid....mcg	323		0	NC	4		575	37	
Folate, food....mcg	34	4.850	4		1		61	4	
Folate, DFE....mcg_DFE	583		0	NC	4		1038	67	
Choline, total....mg	23.1		0	O	4		41.1	2.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1341		0	NC	4		2387	154	
Retinol....mcg	1341		0	NC	4		2387	154	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
* Vitamin A, IU....IU	4464		1	LC	8		7946	513	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	16		0	FLM	4		29	2	
Vitamin E (alpha-tocopherol)....mg	0.11		0	NR	4		0.20	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08106
Cereals, CREAM OF WHEAT, instant, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.5		0	FLM	4		0.9	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.222		0	FLM	4		0.396	0.026	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	
12:0.....g	0.000		0	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.002	0.000	
15:0.....g									
16:0.....g	0.208		0	FLM	4		0.370	0.024	
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.024	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.192		0	FLM	4		0.342	0.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.188		0	FLM	4		0.334	0.022	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.774		0	FLM	4		1.378	0.089	
18:2 undifferentiated.....g	0.692		0	FLM	4		1.232	0.080	
18:3 undifferentiated.....g	0.082		0	FLM	4		0.146	0.009	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.258	0.017	
Threonine.....g	0.332		0		1		0.591	0.038	
Isoleucine.....g	0.460		0		1		0.819	0.053	
Leucine.....g	0.800		0		1		1.424	0.092	
Lysine.....g	0.272		0		1		0.484	0.031	
Methionine.....g	0.196		0		1		0.349	0.023	
Cystine.....g	0.238		0		1		0.424	0.027	
Phenylalanine.....g	0.571		0		1		1.016	0.066	
Tyrosine.....g	0.335		0		1		0.596	0.039	
Valine.....g	0.513		0		1		0.913	0.059	
Arginine.....g	0.457		0		1		0.813	0.053	
Histidine.....g	0.242		0		1		0.431	0.028	
Alanine.....g	0.369		0		1		0.657	0.042	
Aspartic acid.....g	0.498		0		1		0.886	0.057	
Glutamic acid.....g	3.928		0		1		6.992	0.452	
Glycine.....g	0.408		0		1		0.726	0.047	
Proline.....g	1.289		0		1		2.294	0.148	
Serine.....g	0.596		0		1		1.061	0.069	
Hydroxyproline.....g									
Others:									

NDB No. 08106
Cereals, CREAM OF WHEAT, instant, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 cup

Measure 2 = 11.5g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.40		0	BFZN	4		203.40	152.76	
Energy....kcal	62		0	BFZN	4		149	112	
Energy....kJ	259		0	BFZN	4		623	468	
Protein (N x 5.7)....g	1.84		0	BFZN	4		4.42	3.32	
Total lipid (fat)....g	0.24		0	BFZN	4		0.58	0.44	
Ash....g	0.45		0	BFZN	4		1.08	0.81	
Carbohydrate, by difference....g	13.08		0	BFZN	4		31.51	23.67	
Fiber, total dietary....g	0.6		0	BFZN	4		1.4	1.0	
Sugars, total....g	0.07		0	BFZN	4		0.17	0.13	
Sucrose....g	0.07		0	BFZN	4		0.17	0.13	
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64		0	BFZN	4		154	116	
Iron, Fe....mg	4.96		0	BFZN	4		11.95	8.97	
Magnesium, Mg....mg	6		0	BFZN	4		15	12	
Phosphorus, P....mg	18		0	BFZN	4		43	32	
Potassium, K....mg	20		0	BFZN	4		48	36	
Sodium, Na....mg	151		0		1		364	273	
Zinc, Zn....mg	0.17		0	BFZN	4		0.42	0.31	
Copper, Cu....mg	0.043		0	BFZN	4		0.104	0.078	
Manganese, Mn....mg	0.000		0	BFZN	4		0.001	0.001	
Selenium, Se....mcg	3.5		0	BFZN	4		8.3	6.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.232		0	BFZN	4		0.559	0.420	
Riboflavin....mg	0.210		0	BFZN	4		0.507	0.381	
Niacin....mg	3.093		0	BFZN	4		7.453	5.597	
Pantothenic acid....mg	0.082		0	BFZN	4		0.198	0.149	
Vitamin B-6....mg	0.309		0	BFZN	4		0.745	0.560	
Folate, total....mcg	62		0	BFZN	4		149	112	
Folic acid....mcg	56		0	BFZN	4		135	101	
Folate, food....mcg	6		0	BFZN	4		14	11	
Folate, DFE....mcg_DFE	101		0	NC	4		243	183	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	232		0	BFZN	4		560	420	
Retinol....mcg	232		0	BFZN	4		560	420	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	773		0	BFZN	4		1863	1399	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	3		0	BFZN	4		7	5	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05	0.03	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.2	0.2	

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.038		0	BFZN	4		0.093	0.070	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.036		0	BFZN	4		0.087	0.065	
17:0....g									
18:0....g	0.002		0	BFZN	4		0.006	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	BFZN	4		0.080	0.060	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFZN	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.032		0	BFZN	4		0.078	0.059	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0	BFZN	4		0.323	0.243	
18:2 undifferentiated....g	0.120		0	BFZN	4		0.289	0.217	
18:3 undifferentiated....g	0.014		0	BFZN	4		0.034	0.026	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.060	0.045	
Threonine....g	0.058		0		1		0.140	0.105	
Isoleucine....g	0.080		0		1		0.193	0.145	
Leucine....g	0.139		0		1		0.335	0.252	
Lysine....g	0.047		0		1		0.113	0.085	
Methionine....g	0.034		0		1		0.082	0.062	
Cystine....g	0.041		0		1		0.099	0.074	
Phenylalanine....g	0.099		0		1		0.239	0.179	
Tyrosine....g	0.058		0		1		0.140	0.105	
Valine....g	0.089		0		1		0.214	0.161	
Arginine....g	0.079		0		1		0.190	0.143	
Histidine....g	0.042		0		1		0.101	0.076	
Alanine....g	0.064		0		1		0.154	0.116	
Aspartic acid....g	0.087		0		1		0.210	0.157	
Glutamic acid....g	0.683		0		1		1.646	1.236	
Glycine....g	0.071		0		1		0.171	0.129	
Proline....g	0.224		0		1		0.540	0.405	
Serine....g	0.104		0		1		0.251	0.188	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 181g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.40		0	FLA	4		203.40	12.66	152.76
Energy....kcal	62		0	FLA	4		149	9	112
Energy....kJ	259		0	FLA	4		623	39	468
Protein (N x 5.7)....g	1.84		0	FLA	4		4.42	0.28	3.32
Total lipid (fat)....g	0.24		0	FLA	4		0.58	0.04	0.44
Ash....g	0.45		0	FLA	4		1.08	0.07	0.81
Carbohydrate, by difference....g	13.08		0	FLA	4		31.51	1.96	23.67
Fiber, total dietary....g	0.6		0	FLA	4		1.4	0.1	1.0
Sugars, total....g	0.07		0	FLA	4		0.17	0.01	0.13
Sucrose....g	0.07		0	FLA	4		0.17	0.01	0.13
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64		0	FLA	4		154	10	116
Iron, Fe....mg	4.96		0	FLA	4		11.95	0.74	8.97
Magnesium, Mg....mg	6		0	FLA	4		15	1	12
Phosphorus, P....mg	18		0	FLA	4		43	3	32
Potassium, K....mg	20		0	FLA	4		48	3	36
Sodium, Na....mg	4		0	FLA	4		11	1	8
Zinc, Zn....mg	0.17		0	FLA	4		0.42	0.03	0.31
Copper, Cu....mg	0.043		0	FLA	4		0.104	0.006	0.078
Manganese, Mn....mg	0.000		0	FLA	4		0.001	0.000	0.001
Selenium, Se....mcg	3.5		0	FLA	4		8.3	0.5	6.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.232		0	FLA	4		0.559	0.035	0.420
Riboflavin....mg	0.210		0	FLA	4		0.507	0.032	0.381
Niacin....mg	3.093		0	FLA	4		7.453	0.464	5.597
Pantothenic acid....mg	0.082		0	FLA	4		0.198	0.012	0.149
Vitamin B-6....mg	0.309		0	FLA	4		0.745	0.046	0.560
Folate, total....mcg	62		0	FLA	4		149	9	112
Folic acid....mcg	56		0	FLA	4		135	8	101
Folate, food....mcg	6		0	FLA	4		14	1	11
Folate, DFE....mcg_DFE	101		0	NC	4		243	15	183
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	232		0	FLA	4		560	35	420
Retinol....mcg	232		0	FLA	4		560	35	420
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	773		0	FLA	4		1863	116	1399
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	3		0	FLA	4		7	0	5
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.05	0.00	0.03
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	FLA	4		0.2	0.0	0.2

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.038		0	FLA	4		0.093	0.006	0.070
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.036		0	FLA	4		0.087	0.005	0.065
17:0....g									
18:0....g	0.002		0	FLA	4		0.006	0.000	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	FLA	4		0.080	0.005	0.060
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.002	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.032		0	FLA	4		0.078	0.005	0.059
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0	FLA	4		0.323	0.020	0.243
18:2 undifferentiated....g	0.120		0	FLA	4		0.289	0.018	0.217
18:3 undifferentiated....g	0.014		0	FLA	4		0.034	0.002	0.026
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.060	0.004	0.045
Threonine....g	0.058		0		1		0.140	0.009	0.105
Isoleucine....g	0.080		0		1		0.193	0.012	0.145
Leucine....g	0.139		0		1		0.335	0.021	0.252
Lysine....g	0.047		0		1		0.113	0.007	0.085
Methionine....g	0.034		0		1		0.082	0.005	0.062
Cystine....g	0.041		0		1		0.099	0.006	0.074
Phenylalanine....g	0.099		0		1		0.239	0.015	0.179
Tyrosine....g	0.058		0		1		0.140	0.009	0.105
Valine....g	0.089		0		1		0.214	0.013	0.161
Arginine....g	0.079		0		1		0.190	0.012	0.143
Histidine....g	0.042		0		1		0.101	0.006	0.076
Alanine....g	0.064		0		1		0.154	0.010	0.116
Aspartic acid....g	0.087		0		1		0.210	0.013	0.157
Glutamic acid....g	0.683		0		1		1.646	0.102	1.236
Glycine....g	0.071		0		1		0.171	0.011	0.129
Proline....g	0.224		0		1		0.540	0.034	0.405
Serine....g	0.104		0		1		0.251	0.016	0.188
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 181g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08110

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.00	0.061	65		1		2.80		
Energy	kcal	373		0	NC	4		131		
Energy	kJ	1561				4		546		
Protein (N x 5.7)	g	6.90	0.048	67		1		2.42		
Total lipid (fat)	g	1.10	0.035	64		1		0.39		
Ash	g	2.40	0.026	67		1		0.84		
Carbohydrate, by difference	g	81.60		0	NC	4		28.56		
Fiber, total dietary	g	2.5		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		5		40		
Iron, Fe	mg	22.90		0		5		8.02		
Magnesium, Mg	mg	26		1		1		9		
Phosphorus, P	mg	57		0		5		20		
Potassium, K	mg	155		1		1		54		
Sodium, Na	mg	680		1		1		238		
Zinc, Zn	mg	0.65		1		1		0.23		
Copper, Cu	mg	0.159		1		1		0.056		
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.100		0		5		0.385		
Riboflavin	mg	0.700		0		5		0.245		
Niacin	mg	14.100		0		5		4.935		
Pantothenic acid	mg	0.329		0		4		0.115		
Vitamin B-6	mg	1.400		0		5		0.490		
Folate, total	mcg	282		0		5		99		
Folic acid	mcg	255		0	O	4		89		
Folate, food	mcg	27		0	NC	4		9		
Folate, DFE	mcg_DFE	461		0	NC	4		161		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	1060		0	NC	4		371		
Retinol	mcg	1060		0	NC	4		371		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3531		0		5		1236		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08110

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.034		
Threonine....g	0.219		0		1		0.077		
Isoleucine....g	0.303		0		1		0.106		
Leucine....g	0.523		0		1		0.183		
Lysine....g	0.183		0		1		0.064		
Methionine....g	0.129		0		1		0.045		
Cystine....g	0.155		0		1		0.054		
Phenylalanine....g	0.373		0		1		0.131		
Tyrosine....g	0.220		0		1		0.077		
Valine....g	0.336		0		1		0.118		
Arginine....g	0.311		0		1		0.109		
Histidine....g	0.160		0		1		0.056		
Alanine....g	0.246		0		1		0.086		
Aspartic acid....g	0.337		0		1		0.118		
Glutamic acid....g	2.537		0		1		0.888		
Glycine....g	0.271		0		1		0.095		
Proline....g	0.831		0		1		0.291		
Serine....g	0.390		0		1		0.137		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08111

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.30		0		1		117.45		
Energy	kcal	88		0	NC	4		132		
Energy	kJ	368				4		552		
Protein (N x 5.7)	g	1.60		0		1		2.40		
Total lipid (fat)	g	0.30		0		1		0.45		
Ash	g	0.60		0		1		0.90		
Carbohydrate, by difference	g	19.30		0	NC	4		28.95		
Fiber, total dietary	g	0.3		0		4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		5		41		
Iron, Fe	mg	5.40		0		5		8.10		
Magnesium, Mg	mg	6		0		1		9		
Phosphorus, P	mg	13		0		5		20		
Potassium, K	mg	37		0		1		56		
Sodium, Na	mg	161		0		1		242		
Zinc, Zn	mg	0.15		0		1		0.23		
Copper, Cu	mg	0.038		0		1		0.057		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.300		0		5		0.450		
Riboflavin	mg	0.200		0		5		0.300		
Niacin	mg	3.300		0		5		4.950		
Pantothenic acid	mg	0.078		0		4		0.117		
Vitamin B-6	mg	0.300		0		5		0.450		
Folate, total	mcg	67		0		5		101		
Folic acid	mcg	61		0	O	4		92		
Folate, food	mcg	6		0	NC	4		9		
Folate, DFE	mcg_DFE	110		0	NC	4		165		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	250		0	NC	4		376		
Retinol	mcg	250		0	NC	4		376		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	834		0		5		1251		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.044		0		4		0.066		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08111

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.035		
Threonine....g	0.052		0		1		0.078		
Isoleucine....g	0.071		0		1		0.107		
Leucine....g	0.124		0		1		0.186		
Lysine....g	0.043		0		1		0.065		
Methionine....g	0.031		0		1		0.047		
Cystine....g	0.037		0		1		0.056		
Phenylalanine....g	0.088		0		1		0.132		
Tyrosine....g	0.052		0		1		0.078		
Valine....g	0.079		0		1		0.119		
Arginine....g	0.073		0		1		0.110		
Histidine....g	0.038		0		1		0.057		
Alanine....g	0.058		0		1		0.087		
Aspartic acid....g	0.079		0		1		0.119		
Glutamic acid....g	0.600		0		1		0.900		
Glycine....g	0.064		0		1		0.096		
Proline....g	0.196		0		1		0.294		
Serine....g	0.092		0		1		0.138		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 packet, prepared

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08108

Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.70	0.094	31		1		3.00		
Energy	kcal	361		0	NC	4		101		
Energy	kJ	1510				4		423		
Protein (N x 5.7)	g	9.70	0.074	31		1		2.72		
Total lipid (fat)	g	1.20	0.056	31		1		0.34		
Ash	g	2.80	0.072	31		1		0.78		
Carbohydrate, by difference	g	75.60		0	NC	4		21.17		
Fiber, total dietary	g	2.3		0		4		0.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0		5		20		
Iron, Fe	mg	28.60		0		5		8.01		
Magnesium, Mg	mg	27		1		1		8		
Phosphorus, P	mg	71		0		5		20		
Potassium, K	mg	135		1		1		38		
Sodium, Na	mg	850		1		1		238		
Zinc, Zn	mg	0.85		1		1		0.24		
Copper, Cu	mg	0.144		1		1		0.040		
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.300		0		5		0.364		
Riboflavin	mg	0.900		0		5		0.252		
Niacin	mg	17.600		0		5		4.928		
Pantothenic acid	mg	0.462	0.027	4		1		0.129		
Vitamin B-6	mg	1.800		0		5		0.504		
Folate, total	mcg	353		0		5		99		
Folic acid	mcg	319		0	O	4		89		
Folate, food	mcg	34		0	NC	4		10		
Folate, DFE	mcg_DFE	576		0	NC	4		161		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		371		
Retinol	mcg	1324		0	NC	4		371		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	4409		0		5		1235		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.203		0		4		0.057		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		

NDB No. 08108
Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.001		0		4		0.000		
15:0 ... g									
16:0 ... g	0.190		0		4		0.053		
17:0 ... g									
18:0 ... g	0.012		0		4		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.166		0		4		0.046		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0		4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.163		0		4		0.046		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.666		0		4		0.186		
18:2 undifferentiated ... g	0.596		0		4		0.167		
18:3 undifferentiated ... g	0.071		0		4		0.020		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.134		0		1		0.038		
Threonine ... g	0.306		0		1		0.086		
Isoleucine ... g	0.425		0		1		0.119		
Leucine ... g	0.735		0		1		0.206		
Lysine ... g	0.254		0		1		0.071		
Methionine ... g	0.180		0		1		0.050		
Cystine ... g	0.218		0		1		0.061		
Phenylalanine ... g	0.524		0		1		0.147		
Tyrosine ... g	0.309		0		1		0.087		
Valine ... g	0.471		0		1		0.132		
Arginine ... g	0.431		0		1		0.121		
Histidine ... g	0.223		0		1		0.062		
Alanine ... g	0.341		0		1		0.095		
Aspartic acid ... g	0.465		0		1		0.130		
Glutamic acid ... g	3.575		0		1		1.001		
Glycine ... g	0.377		0		1		0.106		
Proline ... g	1.177		0		1		0.330		
Serine ... g	0.546		0		1		0.153		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08108

Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08109

Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.10		0		1		116.58		
Energy	kcal	72		0	NC	4		102		
Energy	kJ	301				4		428		
Protein (N x 5.7)	g	1.90		0		1		2.70		
Total lipid (fat)	g	0.20		0		1		0.28		
Ash	g	0.60		0		1		0.85		
Carbohydrate, by difference	g	15.10		0	NC	4		21.44		
Fiber, total dietary	g	0.3		0		4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		5		20		
Iron, Fe	mg	5.70		0		5		8.09		
Magnesium, Mg	mg	5		0		1		7		
Phosphorus, P	mg	14		0		5		20		
Potassium, K	mg	27		0		1		38		
Sodium, Na	mg	170		0		1		241		
Zinc, Zn	mg	0.17		0		1		0.24		
Copper, Cu	mg	0.029		0		1		0.041		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.300		0		5		0.426		
Riboflavin	mg	0.200		0		5		0.284		
Niacin	mg	3.500		0		5		4.970		
Pantothenic acid	mg	0.092		0		1		0.131		
Vitamin B-6	mg	0.400		0		5		0.568		
Folate, total	mcg	71		0		5		101		
Folic acid	mcg	64		0	O	4		91		
Folate, food	mcg	7		0	NC	4		10		
Folate, DFE	mcg_DFE	116		0	NC	4		164		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	265		0	NC	4		376		
Retinol	mcg	265		0	NC	4		376		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	882		0		5		1252		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.034		0		4		0.048		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		

NDB No. 08109
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.032		0		4		0.045		
17:0....g									
18:0....g	0.002		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		4		0.040		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001		
17:1....g									
18:1 undifferentiated....g	0.027		0		4		0.038		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.111		0		4		0.158		
18:2 undifferentiated....g	0.099		0		4		0.141		
18:3 undifferentiated....g	0.012		0		4		0.017		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.038		
Threonine....g	0.061		0		1		0.087		
Isoleucine....g	0.085		0		1		0.121		
Leucine....g	0.147		0		1		0.209		
Lysine....g	0.051		0		1		0.072		
Methionine....g	0.036		0		1		0.051		
Cystine....g	0.044		0		1		0.062		
Phenylalanine....g	0.105		0		1		0.149		
Tyrosine....g	0.062		0		1		0.088		
Valine....g	0.095		0		1		0.135		
Arginine....g	0.086		0		1		0.122		
Histidine....g	0.044		0		1		0.062		
Alanine....g	0.068		0		1		0.097		
Aspartic acid....g	0.093		0		1		0.132		
Glutamic acid....g	0.715		0		1		1.015		
Glycine....g	0.075		0		1		0.107		
Proline....g	0.236		0		1		0.335		
Serine....g	0.109		0		1		0.155		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08109

Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Common Measures:

Measure 1 = 142g: 1 packet, prepared

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08169

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.14		0	RP	4		218.72		
Energy ... kcal	50		0	RP	4		126		
Energy ... kJ	211		0	RP	4		529		
Protein (N x 5.7) ... g	1.46		0	RP	4		3.67		
Total lipid (fat) ... g	0.21		0	RP	4		0.52		
Ash ... g	0.53		0	RP	4		1.34		
Carbohydrate, by difference ... g	10.66		0	RP	4		26.75		
Fiber, total dietary ... g	0.5		0	RP	4		1.3		
Sugars, total ... g	0.03		0	RP	4		0.07		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	89		0	RP	4		222		
Iron, Fe ... mg	3.99		0	RP	4		10.01		
Magnesium, Mg ... mg	5		0	RP	4		13		
Phosphorus, P ... mg	16		0	RP	4		40		
Potassium, K ... mg	17		0	RP	4		44		
Sodium, Na ... mg	129		0	RP	4		323		
Zinc, Zn ... mg	0.13		0	RP	4		0.33		
Copper, Cu ... mg	0.041		0	RP	4		0.103		
Manganese, Mn ... mg	0.001		0	RP	4		0.002		
Selenium, Se ... mcg	2.8		0	RP	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
Thiamin ... mg	0.070		0	RP	4		0.175		
Riboflavin ... mg	0.028		0	RP	4		0.070		
Niacin ... mg	0.585		0	RP	4		1.469		
Pantothenic acid ... mg	0.072		0	RP	4		0.181		
Vitamin B-6 ... mg	0.015		0	RP	4		0.038		
Folate, total ... mcg	17		0	RP	4		42		
* Folic acid ... mcg	12		0	RP	4		30		
Folate, food ... mcg	5		0	RP	4		12		
Folate, DFE ... mcg_DFE	25		0	NC	4		64		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin B-12, added ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	RP	4		0		
Retinol ... mcg	0		0	RP	4		0		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
Vitamin A, IU ... IU	0		0	RP	4		0		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	2		0	RP	4		6		
Vitamin E (alpha-tocopherol) ... mg	0.02		0	RP	4		0.04		
Vitamin E, added ... mg	0.00		0	RP	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.1		0	RP	4		0.2		
Lipids:									
Fatty acids, total saturated ... g	0.033		0	RP	4		0.083		
4:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08169

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.000		0	RP	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	RP	4		0.000		
15:0 ... g									
16:0 ... g	0.031		0	RP	4		0.078		
17:0 ... g									
18:0 ... g	0.002		0	RP	4		0.005		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.029		0	RP	4		0.072		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RP	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.028		0	RP	4		0.070		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.115		0	RP	4		0.290		
18:2 undifferentiated ... g	0.103		0	RP	4		0.259		
18:3 undifferentiated ... g	0.012		0	RP	4		0.031		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg	0		0	RP	4		0		
Amino Acids:									
Tryptophan ... g	0.020		0	RP	4		0.051		
Threonine ... g	0.046		0	RP	4		0.115		
Isoleucine ... g	0.064		0	RP	4		0.161		
Leucine ... g	0.111		0	RP	4		0.278		
Lysine ... g	0.038		0	RP	4		0.095		
Methionine ... g	0.027		0	RP	4		0.069		
Cystine ... g	0.033		0	RP	4		0.083		
Phenylalanine ... g	0.079		0	RP	4		0.199		
Tyrosine ... g	0.047		0	RP	4		0.117		
Valine ... g	0.071		0	RP	4		0.178		
Arginine ... g	0.063		0	RP	4		0.159		
Histidine ... g	0.034		0	RP	4		0.085		
Alanine ... g	0.051		0	RP	4		0.128		
Aspartic acid ... g	0.069		0	RP	4		0.173		
Glutamic acid ... g	0.544		0	RP	4		1.365		
Glycine ... g	0.057		0	RP	4		0.142		
Proline ... g	0.179		0	RP	4		0.449		
Serine ... g	0.083		0	RP	4		0.207		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08169

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt

Common Measures:

Measure 1 = 251g: 1 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08103

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.61		0	RP	4		219.90	14.02	
Energy ... kcal	50		0	RP	4		125	8	
Energy ... kJ	208		0	RP	4		522	33	
Protein (N x 5.7) ... g	1.44		0	RP	4		3.63	0.23	
Total lipid (fat) ... g	0.21		0	RP	4		0.52	0.03	
Ash ... g	0.21		0	RP	4		0.54	0.03	
Carbohydrate, by difference ... g	10.52		0	RP	4		26.42	1.68	
Fiber, total dietary ... g	0.5		0	RP	4		1.3	0.1	
Sugars, total ... g	0.03		0	RP	4		0.07	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	87		0	RP	4		219	14	
Iron, Fe ... mg	3.74		0	RP	4		9.39	0.60	
Magnesium, Mg ... mg	5		0	RP	4		12	1	
Phosphorus, P ... mg	15		0	RP	4		38	2	
Potassium, K ... mg	16		0	RP	4		41	3	
Sodium, Na ... mg	6		0	RP	4		15	1	
Zinc, Zn ... mg	0.13		0	RP	4		0.32	0.02	
Copper, Cu ... mg	0.040		0	RP	4		0.100	0.006	
Manganese, Mn ... mg	0.000		0	RP	4		0.001	0.000	
Selenium, Se ... mcg	2.8		0	RP	4		6.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0	0.0	
Thiamin ... mg	0.055		0	RP	4		0.138	0.009	
Riboflavin ... mg	0.025		0	RP	4		0.062	0.004	
Niacin ... mg	0.520		0	RP	4		1.305	0.083	
Pantothenic acid ... mg	0.071		0	RP	4		0.179	0.011	
Vitamin B-6 ... mg	0.013		0	RP	4		0.034	0.002	
Folate, total ... mcg	12		0	RP	4		29	2	
* Folic acid ... mcg	8		0	RP	4		21	1	
Folate, food ... mcg	3		0	RP	4		8	1	
Folate, DFE ... mcg_DFE	18		0	NC	4		44	3	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00	0.00	
Vitamin B-12, added ... mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	RP	4		0	0	
Retinol ... mcg	0		0	RP	4		0	0	
Carotene, beta ... mcg	0		0	RP	4		0	0	
Carotene, alpha ... mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	RP	4		0	0	
Vitamin A, IU ... IU	0		0	RP	4		0	0	
Lycopene ... mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin ... mcg	2		0	RP	4		5	0	
Vitamin E (alpha-tocopherol) ... mg	0.02		0	RP	4		0.04	0.00	
Vitamin E, added ... mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0	0	
Vitamin K (phylloquinone) ... mcg	0.1		0	RP	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.033		0	RP	4		0.082	0.005	
4:0 ... g	0.000		0	RP	4		0.000	0.000	

NDB No. 08103

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	RP	4		0.000	0.000	
8:0....g	0.000		0	RP	4		0.000	0.000	
10:0....g	0.000		0	RP	4		0.000	0.000	
12:0....g	0.000		0	RP	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RP	4		0.000	0.000	
15:0....g									
16:0....g	0.031		0	RP	4		0.077	0.005	
17:0....g									
18:0....g	0.002		0	RP	4		0.005	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0	RP	4		0.071	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	RP	4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.028		0	RP	4		0.069	0.004	
20:1....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.114		0	RP	4		0.286	0.018	
18:2 undifferentiated....g	0.102		0	RP	4		0.256	0.016	
18:3 undifferentiated....g	0.012		0	RP	4		0.030	0.002	
18:4....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	RP	4		0.050	0.003	
Threonine....g	0.045		0	RP	4		0.114	0.007	
Isoleucine....g	0.063		0	RP	4		0.159	0.010	
Leucine....g	0.110		0	RP	4		0.275	0.018	
Lysine....g	0.037		0	RP	4		0.094	0.006	
Methionine....g	0.027		0	RP	4		0.068	0.004	
Cystine....g	0.033		0	RP	4		0.082	0.005	
Phenylalanine....g	0.078		0	RP	4		0.196	0.013	
Tyrosine....g	0.046		0	RP	4		0.115	0.007	
Valine....g	0.070		0	RP	4		0.176	0.011	
Arginine....g	0.063		0	RP	4		0.157	0.010	
Histidine....g	0.033		0	RP	4		0.084	0.005	
Alanine....g	0.050		0	RP	4		0.127	0.008	
Aspartic acid....g	0.068		0	RP	4		0.171	0.011	
Glutamic acid....g	0.537		0	RP	4		1.348	0.086	
Glycine....g	0.056		0	RP	4		0.140	0.009	
Proline....g	0.177		0	RP	4		0.444	0.028	
Serine....g	0.082		0	RP	4		0.205	0.013	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0	0.0	
Caffeine....mg	0		0	RP	4		0	0	
Theobromine....mg	0		0	RP	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08103

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt

Common Measures:

Measure 1 = 251g: 1 cup (1 serving)

Measure 2 = 16g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08102

Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry

B&G Foods, distributor

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.90	0.183	23		1		18.86	3.60	1.16
Energy	kcal	370		0	NC	4		640	122	39
Energy	kJ	1548		0		4		2678	511	164
Protein (N x 5.7)	g	10.50	0.075	23		1		18.17	3.47	1.11
Total lipid (fat)	g	1.50	0.066	22		1		2.60	0.50	0.16
Ash	g	0.60	0.019	23		1		1.04	0.20	0.06
Carbohydrate, by difference	g	76.50		0	NC	4		132.35	25.25	8.11
Fiber, total dietary	g	3.8		2		1		6.5	1.2	0.4
Sugars, total	g	0.20		0	NR	4		0.35	0.07	0.02
Sucrose	g	0.20		1		1		0.35	0.07	0.02
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	606		1	LC	8		1048	200	64
Iron, Fe	mg	28.60		0		5		49.48	9.44	3.03
Magnesium, Mg	mg	27		1		1		47	9	3
Phosphorus, P	mg	115	2.887	3		1		199	38	12
Potassium, K	mg	120		1		1		208	40	13
Sodium, Na	mg	7		1		1		12	2	1
Zinc, Zn	mg	0.88		1		1		1.52	0.29	0.09
Copper, Cu	mg	0.206		1		1		0.356	0.068	0.022
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		3		1		34.6	6.6	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.500		0		5		0.865	0.165	0.053
Riboflavin	mg	0.200		0		5		0.346	0.066	0.021
Niacin	mg	4.200		0		5		7.266	1.386	0.445
Pantothenic acid	mg	0.518	0.017	4		1		0.896	0.171	0.055
Vitamin B-6	mg	0.108		0		4		0.187	0.036	0.011
Folate, total	mcg	121		1	LC	8		210	40	13
Folic acid	mcg	87		0	NC	4		151	29	9
Folate, food	mcg	34	4.850	4		1		59	11	4
Folate, DFE	mcg_DFE	182		0	NC	4		315	60	19
Choline, total	mg	23.1		0	O	4		40.0	7.6	2.4
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	0		0	FLA	4		0	0	0
Carotene, alpha	mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0	FLA	4		1	0	0
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	16		0	FLA	4		28	5	2
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.19	0.04	0.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08102
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.5		0	FLA	4		0.9	0.2	0.1
Lipids:									
Fatty acids, total saturated.....g	0.238		0	FLA	4		0.411	0.078	0.025
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.002	0.000	0.000
15:0.....g									
16:0.....g	0.223		0	FLA	4		0.385	0.074	0.024
17:0.....g									
18:0.....g	0.014		0	FLA	4		0.024	0.005	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0	FLA	4		0.355	0.068	0.022
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.008	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.200		0	FLA	4		0.346	0.066	0.021
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.829		0	FLA	4		1.434	0.274	0.088
18:2 undifferentiated.....g	0.741		0	FLA	4		1.282	0.244	0.079
18:3 undifferentiated.....g	0.088		0	FLA	4		0.153	0.029	0.009
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.251	0.048	0.015
Threonine.....g	0.330		0		1		0.571	0.109	0.035
Isoleucine.....g	0.461		0		1		0.798	0.152	0.049
Leucine.....g	0.796		0		1		1.377	0.263	0.084
Lysine.....g	0.271		0		1		0.469	0.089	0.029
Methionine.....g	0.196		0		1		0.339	0.065	0.021
Cystine.....g	0.237		0		1		0.410	0.078	0.025
Phenylalanine.....g	0.568		0		1		0.983	0.187	0.060
Tyrosine.....g	0.334		0		1		0.578	0.110	0.035
Valine.....g	0.510		0		1		0.882	0.168	0.054
Arginine.....g	0.455		0		1		0.787	0.150	0.048
Histidine.....g	0.242		0		1		0.419	0.080	0.026
Alanine.....g	0.367		0		1		0.635	0.121	0.039
Aspartic acid.....g	0.495		0		1		0.856	0.163	0.052
Glutamic acid.....g	3.903		0		1		6.752	1.288	0.414
Glycine.....g	0.406		0		1		0.702	0.134	0.043
Proline.....g	1.285		0		1		2.223	0.424	0.136
Serine.....g	0.593		0		1		1.026	0.196	0.063
Hydroxyproline.....g									
Others:									

NDB No. 08102
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 33g: 1 serving (3 tbsp)

Measure 3 = 10.6g: 1 tbsp

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08575

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, microwaved, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.11	1.010	4	A	1		201.22		
Energy....kcal	52		0	NC	4		121		
Energy....kJ	219		0	NC	4		506		
Protein....g	1.88	0.023	4	A	1		4.34		
Total lipid (fat)....g	0.37	0.038	4	A	1		0.85		
Ash....g	0.54	0.017	4	A	1		1.25		
Carbohydrate, by difference....g	10.10		0	NC	4		23.32		
Fiber, total dietary....g	0.7	0.349	4	A	1		1.5		
Sugars, total....g	0.34	0.108	4	A	1		0.79		
Sucrose....g	0.07	0.000	4	A	1		0.17		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.27	0.108	4	A	1		0.62		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	131	3.301	4	A	1		303		
Iron, Fe....mg	4.98	0.138	4	A	1		11.50		
Magnesium, Mg....mg	8	0.162	4	A	1		17		
Phosphorus, P....mg	57	1.284	4	A	1		133		
Potassium, K....mg	26	1.327	4	A	1		61		
Sodium, Na....mg	45	2.579	4	A	1		103		
Zinc, Zn....mg	0.26	0.024	4	A	1		0.60		
Copper, Cu....mg	0.052	0.010	4	A	1		0.121		
Manganese, Mn....mg	0.226	0.013	4	A	1		0.521		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.087	0.016	4	A	1		0.202		
Riboflavin....mg	0.045	0.003	4	A	1		0.104		
Niacin....mg	0.715	0.130	4	A	1		1.652		
Pantothenic acid....mg	0.312	0.053	4	A	1		0.722		
Vitamin B-6....mg	0.033	0.004	4	A	1		0.075		
Folate, total....mcg	32	2.102	4	A	1		73		
* Folic acid....mcg	20	2.121	4	A	1		46		
Folate, food....mcg	12	1.756	4	AS	1		27		
Folate, DFE....mcg_DFE	46		0	NC	4		105		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.06	0.007	4	A	1		0.14		
Tocopherol, beta....mg	0.02	0.000	4	A	1		0.05		
Tocopherol, gamma....mg	0.16	0.005	4	A	1		0.38		
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		

NDB No. 08575

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, microwaved, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.099		0	NC	4		0.228		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.002	0.000	4	A	1		0.004		
13:0....g									
14:0....g	0.002	0.001	4	A	1		0.004		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.080	0.002	4	A	1		0.185		
17:0....g	0.000	0.000	4	A	1		0.000		
18:0....g	0.015	0.002	4	A	1		0.036		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.058		0	NC	4		0.133		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.001	0.001	4	AS	1		0.002		
16:1 c....g	0.001	0.001	4	A	1		0.002		
16:1 t....g									
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	0.056	0.002	4	AS	1		0.129		
18:1 c....g	0.056	0.002	4	A	1		0.129		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	4	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	4	A	1		0.002		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.176		0	NC	4		0.407		
18:2 undifferentiated....g	0.166	0.003	4	AS	1		0.384		
18:2 n-6 c,c....g	0.166	0.003	4	A	1		0.384		
18:2 CLAs....g	0.000	0.000	4	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	4	A	1		0.000		
18:3 undifferentiated....g	0.010	0.000	4	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.010	0.000	4	A	1		0.023		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 08575

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, microwaved, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.018		0	A	1		0.041		
Threonine.....g	0.050		0	A	1		0.116		
Isoleucine.....g	0.072		0	A	1		0.165		
Leucine.....g	0.144		0	A	1		0.333		
Lysine.....g	0.074		0	A	1		0.171		
Methionine.....g	0.038		0	A	1		0.087		
Cystine.....g	0.037		0	A	1		0.085		
Phenylalanine.....g	0.094		0	A	1		0.217		
Tyrosine.....g	0.079		0	A	1		0.182		
Valine.....g	0.098		0	A	1		0.227		
Arginine.....g	0.081		0	A	1		0.187		
Histidine.....g	0.040		0	A	1		0.093		
Alanine.....g	0.085		0	A	1		0.196		
Aspartic acid.....g	0.103		0	A	1		0.239		
Glutamic acid.....g	0.747		0	A	1		1.725		
Glycine.....g	0.091		0	A	1		0.210		
Proline.....g	0.457		0	A	1		1.056		
Serine.....g	0.119		0	A	1		0.275		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08574

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, stove-top, without salt

B&G Foods, distributor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20	0.844	3	A	1		210.33		
Energy....kcal	56		0	NC	4		136		
Energy....kJ	234		0	NC	4		571		
Protein....g	1.44	0.101	3	A	1		3.52		
Total lipid (fat)....g	0.20	0.071	3	A	1		0.50		
Ash....g	0.42	0.018	3	A	1		1.02		
Carbohydrate, by difference....g	11.74		0	NC	4		28.64		
Fiber, total dietary....g	0.7	0.480	3	A	1		1.7		
Sugars, total....g	0.07	0.000	3	A	1		0.18		
Sucrose....g	0.07	0.000	3	A	1		0.18		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	104	3.955	3	A	1		254		
Iron, Fe....mg	4.09	0.205	3	A	1		9.98		
Magnesium, Mg....mg	7	0.375	3	A	1		16		
Phosphorus, P....mg	47	0.833	3	A	1		115		
Potassium, K....mg	23	0.448	3	A	1		55		
Sodium, Na....mg	34	0.581	3	A	1		84		
Zinc, Zn....mg	0.22	0.013	3	A	1		0.53		
Copper, Cu....mg	0.036	0.002	3	A	1		0.087		
Manganese, Mn....mg	0.188	0.012	3	A	1		0.458		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.093	0.020	3	A	1		0.228		
Riboflavin....mg	0.067	0.037	3	A	1		0.163		
Niacin....mg	0.803	0.033	3	A	1		1.960		
Pantothenic acid....mg	0.267	0.032	3	A	1		0.651		
Vitamin B-6....mg	0.031	0.006	3	A	1		0.076		
Folate, total....mcg	29	2.082	3	A	1		71		
* Folic acid....mcg	15	0.333	3	A	1		37		
Folate, food....mcg	14	2.186	3	AS	1		33		
Folate, DFE....mcg_DFE	40		0	NC	4		97		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.04	0.007	3	A	1		0.11		
Tocopherol, beta....mg	0.02	0.002	3	A	1		0.04		
Tocopherol, gamma....mg	0.15	0.012	3	A	1		0.37		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		

NDB No. 08574

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, stove-top, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.051		0	NC	4		0.124		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.045	0.004	3	A	1		0.110		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.006	0.001	3	A	1		0.015		
20:0....g	0.000	0.000	3	A	1		0.000		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.030		0	NC	4		0.073		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.001	0.001	3	AS	1		0.002		
16:1 c....g	0.001	0.001	3	A	1		0.002		
16:1 t....g									
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.028	0.004	3	AS	1		0.070		
18:1 c....g	0.028	0.004	3	A	1		0.070		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	3	A	1		0.001		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.102		0	NC	4		0.249		
18:2 undifferentiated....g	0.096	0.010	3	AS	1		0.235		
18:2 n-6 c,c....g	0.096	0.010	3	A	1		0.235		
18:2 CLAs....g	0.000	0.000	3	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	3	A	1		0.000		
18:3 undifferentiated....g	0.006	0.001	3	AS	1		0.014		
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	3	A	1		0.014		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 08574

Cereals, Cream of Wheat, 2 1/2 minute cook time, cooked with water, stove-top, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.014		0	A	1		0.034		
Threonine.....g	0.038		0	A	1		0.094		
Isoleucine.....g	0.055		0	A	1		0.134		
Leucine.....g	0.111		0	A	1		0.270		
Lysine.....g	0.057		0	A	1		0.139		
Methionine.....g	0.029		0	A	1		0.071		
Cystine.....g	0.028		0	A	1		0.069		
Phenylalanine.....g	0.072		0	A	1		0.176		
Tyrosine.....g	0.060		0	A	1		0.147		
Valine.....g	0.076		0	A	1		0.184		
Arginine.....g	0.062		0	A	1		0.151		
Histidine.....g	0.031		0	A	1		0.075		
Alanine.....g	0.065		0	A	1		0.159		
Aspartic acid.....g	0.079		0	A	1		0.194		
Glutamic acid.....g	0.573		0	A	1		1.398		
Glycine.....g	0.070		0	A	1		0.170		
Proline.....g	0.351		0	A	1		0.856		
Serine.....g	0.091		0	A	1		0.223		
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate**4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08573

Cereals, Cream of Wheat, 2 1/2 minute cook time, dry

B&G Foods, distributor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.56	0.096	4	A	1		3.82	1.60	20.12
Energy....kcal	355		0	NC	4		117	49	617
Energy....kJ	1484		0	NC	4		490	205	2582
Protein....g	11.61	0.082	4	A	1		3.83	1.60	20.21
Total lipid (fat)....g	1.41	0.127	4	A	1		0.47	0.19	2.46
Ash....g	3.62	0.183	4	A	1		1.20	0.50	6.31
Carbohydrate, by difference....g	71.79		0	NC	4		23.69	9.91	124.91
Fiber, total dietary....g	4.4	0.465	4	A	1		1.4	0.6	7.6
Sugars, total....g	0.47	0.014	4	A	1		0.15	0.06	0.81
Sucrose....g	0.39	0.014	4	A	1		0.13	0.05	0.68
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.07	0.000	4	A	1		0.02	0.01	0.13
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	882	57.077	4	A	1		291	122	1535
Iron, Fe....mg	32.02	2.262	4	A	1		10.57	4.42	55.72
Magnesium, Mg....mg	46	1.630	4	A	1		15	6	80
Phosphorus, P....mg	398	30.942	4	A	1		131	55	692
Potassium, K....mg	160	6.178	4	A	1		53	22	278
Sodium, Na....mg	328	36.883	4	A	1		108	45	571
Zinc, Zn....mg	1.35	0.034	4	A	1		0.45	0.19	2.35
Copper, Cu....mg	0.206	0.005	4	A	1		0.068	0.028	0.359
Manganese, Mn....mg	1.367	0.053	4	A	1		0.451	0.189	2.379
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.760	0.021	4	A	1		0.251	0.105	1.322
Riboflavin....mg	0.417	0.058	4	A	1		0.138	0.058	0.726
Niacin....mg	8.475	1.376	4	A	1		2.797	1.170	14.746
Pantothenic acid....mg	0.620	0.018	4	A	1		0.205	0.086	1.079
Vitamin B-6....mg	0.090	0.007	4	A	1		0.030	0.012	0.156
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.37	0.010	4	A	1		0.12	0.05	0.64
Tocopherol, beta....mg	0.11	0.004	4	A	1		0.04	0.02	0.19
Tocopherol, gamma....mg	1.06	0.024	4	A	1		0.35	0.15	1.85
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.253		0	NC	4		0.084	0.035	0.440
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 08573

Cereals, Cream of Wheat, 2 1/2 minute cook time, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.004	0.002	4	A	1		0.001	0.001	0.008
15:0 g	0.002	0.000	4	A	1		0.001	0.000	0.003
16:0 g	0.212	0.018	4	A	1		0.070	0.029	0.370
17:0 g	0.002	0.001	4	A	1		0.001	0.000	0.003
18:0 g	0.026	0.010	4	A	1		0.009	0.004	0.046
20:0 g	0.001	0.000	4	A	1		0.000	0.000	0.002
22:0 g	0.002	0.000	4	A	1		0.001	0.000	0.004
24:0 g	0.002	0.000	4	A	1		0.001	0.000	0.004
Fatty acids, total monounsaturated g	0.175		0	NC	4		0.058	0.024	0.304
14:1 g	0.001	0.001	4	A	1		0.000	0.000	0.001
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.004	0.002	4	AS	1		0.001	0.001	0.006
16:1 c g	0.004	0.002	4	A	1		0.001	0.001	0.006
16:1 t g									
17:1 g	0.001	0.001	4	A	1		0.000	0.000	0.001
18:1 undifferentiated g	0.163	0.024	4	AS	1		0.054	0.023	0.284
18:1 c g	0.158	0.021	4	A	1		0.052	0.022	0.275
18:1-11c (18:1c n-7) g									
18:1 t g	0.005	0.003	4	A	1		0.002	0.001	0.010
18:1-11t (18:1t n-7) g									
20:1 g	0.006	0.000	4	A	1		0.002	0.001	0.011
22:1 undifferentiated g	0.001	0.000	4	AS	1		0.000	0.000	0.001
22:1 c g	0.001	0.000	4	A	1		0.000	0.000	0.001
22:1 t g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.630		0	NC	4		0.208	0.087	1.096
18:2 undifferentiated g	0.591	0.005	4	AS	1		0.195	0.082	1.028
18:2 n-6 c,c g	0.590	0.005	4	A	1		0.195	0.081	1.027
18:2 CLAs g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.001	0.001	4	A	1		0.000	0.000	0.001
18:3 undifferentiated g	0.037	0.001	4	AS	1		0.012	0.005	0.064
18:3 n-3 c,c,c (ALA) g	0.037	0.001	4	A	1		0.012	0.005	0.064
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.002	0.000	4	A	1		0.001	0.000	0.003
20:3 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.006		0	NC	4		0.002	0.001	0.010
Fatty acids, total trans-monoenoic g	0.005		0	NC	4		0.002	0.001	0.010
Fatty acids, total trans-polyenoic g	0.001		0	NC	4		0.000	0.000	0.001
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0	A	1		0.025	0.011	0.134
Threonine g	0.240		0	A	1		0.079	0.033	0.417
Isoleucine g	0.407		0	A	1		0.134	0.056	0.709

NDB No. 08573
Cereals, Cream of Wheat, 2 1/2 minute cook time, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.830		0	A	1		0.274	0.115	1.444
Lysine....g	0.271		0	A	1		0.090	0.037	0.472
Methionine....g	0.187		0	A	1		0.062	0.026	0.326
Cystine....g	0.153		0	A	1		0.051	0.021	0.267
Phenylalanine....g	0.565		0	A	1		0.186	0.078	0.983
Tyrosine....g	0.178		0	A	1		0.059	0.025	0.309
Valine....g	0.512		0	A	1		0.169	0.071	0.891
Arginine....g	0.485		0	A	1		0.160	0.067	0.844
Histidine....g	0.260		0	A	1		0.086	0.036	0.452
Alanine....g	0.375		0	A	1		0.124	0.052	0.653
Aspartic acid....g	0.540		0	A	1		0.178	0.075	0.939
Glutamic acid....g	4.134		0	A	1		1.364	0.570	7.193
Glycine....g	0.465		0	A	1		0.153	0.064	0.809
Proline....g	1.892		0	A	1		0.624	0.261	3.292
Serine....g	0.650		0	A	1		0.214	0.090	1.131
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 3 tablespoon (1 NLEA serving)

Measure 2 = 13.8g: 1 tbsp

Measure 3 = 174g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08561

Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00		0	MC	9		2.00		
Energy....kcal	362		0	MC	9		145		
Energy....kJ	1515		0	MC	9		606		
Protein (N x 6.25)....g	22.00		0	MC	9		8.80		
Total lipid (fat)....g	5.50		0	MC	9		2.20		
Ash....g	4.50		0	MC	9		1.80		
Carbohydrate, by difference....g	63.00		0	MC	9		25.20		
Fiber, total dietary....g	19.4		0	MC	9		7.8		
Sugars, total....g	15.00		0	MC	9		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0	MC	9		28		
Iron, Fe....mg	3.10		0	MC	9		1.24		
Magnesium, Mg....mg									
Phosphorus, P....mg	128		0	MC	9		51		
Potassium, K....mg	636		0	MC	9		254		
Sodium, Na....mg	249		0	MC	9		100		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.000		0	MC	9		0.400		
Fatty acids, total monounsaturated....g	1.500		0	MC	9		0.600		
Fatty acids, total polyunsaturated....g	3.000		0	MC	9		1.200		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08561

Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

Measure 1 = 40g: 1 packet (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08568

Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.30		0	MC	9		2.28		
Energy	kcal	374		0	MC	9		161		
Energy	kJ	1565		0	MC	9		673		
Protein (N x 6.25)	g	10.70		0	MC	9		4.60		
Total lipid (fat)	g	4.90		0	MC	9		2.11		
Ash	g	1.10		0	MC	9		0.47		
Carbohydrate, by difference	g	78.00		0	MC	9		33.54		
Fiber, total dietary	g	11.4		0	MC	9		4.9		
Sugars, total	g	28.00		0	MC	9		12.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	233		0	MC	9		100		
* Iron, Fe	mg	4.20		0	MC	9		1.81		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	721		0	MC	9		310		
Sodium, Na	mg	251		0	MC	9		108		
Zinc, Zn	mg	3.50		0	MC	9		1.51		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	70.0		0	MC	9		30.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
* Vitamin B-6	mg	4.700		0	MC	9		2.021		
* Folate, total	mcg	930		0	MC	9		400		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	14.00		0	MC	9		6.02		
Vitamin A, RAE	mcg_RAE	64		0	NC	4		27		
Vitamin A, IU	IU	1273		0	NC	4		548		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
* Vitamin E (alpha-tocopherol)	mg	46.90		0	MC	9		20.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.000		0	MC	9		0.430		
Fatty acids, total monounsaturated	g	1.700		0	MC	9		0.731		
Fatty acids, total polyunsaturated	g	2.200		0	MC	9		0.946		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08568

Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry

Common Measures:

Measure 1 = 43g: 1 packet (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08570

Cereals, KASHI HEART TO HEART, Instant Oatmeal, Raisin Spice, dry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		0	MC	9		3.23		
Energy	kcal	354		0	MC	9		152		
Energy	kJ	1481		0	MC	9		637		
Protein (N x 6.25)	g	8.10		0	MC	9		3.48		
Total lipid (fat)	g	3.90		0	MC	9		1.68		
Ash	g	3.50		0	MC	9		1.51		
Carbohydrate, by difference	g	77.00		0	MC	9		33.11		
Fiber, total dietary	g	10.1		0	MC	9		4.3		
Sugars, total	g	38.00		0	MC	9		16.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	233		0	MC	9		100		
Iron, Fe	mg	4.20		0	MC	9		1.81		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	555		0	MC	9		239		
Sodium, Na	mg	232		0	MC	9		100		
Zinc, Zn	mg	3.50		0	MC	9		1.51		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	70.0		0	MC	9		30.1		
Thiamin	mg	0.200		0	MC	9		0.086		
Riboflavin	mg	0.100		0	MC	9		0.043		
Niacin	mg	0.100		0	MC	9		0.043		
Pantothenic acid	mg									
Vitamin B-6	mg	4.700		0	MC	9		2.021		
Folate, total	mcg	930		0	MC	9		400		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	14.00		0	MC	9		6.02		
Vitamin A, RAE	mcg_RAE	64		0	NC	4		27		
Vitamin A, IU	IU	1277		0	NC	4		549		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	46.90		0	MC	9		20.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.000		0	MC	9		0.430		
Fatty acids, total monounsaturated	g	1.300		0	MC	9		0.559		
Fatty acids, total polyunsaturated	g	1.600		0	MC	9		0.688		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08570

Cereals, KASHI HEART TO HEART, Instant Oatmeal, Raisin Spice, dry

Common Measures:

Measure 1 = 43g: 1 packet (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08569

Cereals, KASHI HEART TO HEART, Instant Oatmeal, maple, dry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.40		0	MC	9		2.32		
Energy	kcal	376		0	MC	9		162		
Energy	kJ	1573		0	MC	9		676		
Protein (N x 6.25)	g	10.90		0	MC	9		4.69		
Total lipid (fat)	g	5.00		0	MC	9		2.15		
Ash	g	1.70		0	MC	9		0.73		
Carbohydrate, by difference	g	77.00		0	MC	9		33.11		
Fiber, total dietary	g	11.6		0	MC	9		5.0		
Sugars, total	g	27.00		0	MC	9		11.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	233		0	MC	9		100		
Iron, Fe	mg	4.20		0	MC	9		1.81		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	605		0	MC	9		260		
Sodium, Na	mg	231		0	MC	9		99		
Zinc, Zn	mg	3.50		0	MC	9		1.51		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	70.0		0	MC	9		30.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg	4.700		0	MC	9		2.021		
Folate, total	mcg	930		0	MC	9		400		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	14.00		0	MC	9		6.02		
Vitamin A, RAE	mcg_RAE	64		0	NC	4		27		
Vitamin A, IU	IU	1270		0	NC	4		546		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	31.50		0	MC	9		13.55		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.000		0	MC	9		0.430		
Fatty acids, total monounsaturated	g	1.800		0	MC	9		0.774		
Fatty acids, total polyunsaturated	g	2.200		0	MC	9		0.946		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08569

Cereals, KASHI HEART TO HEART, Instant Oatmeal, maple, dry

Common Measures:

Measure 1 = 43g: 1 packet (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08562

Cereals, KASHI, KASHI GO LEAN Hot Cereal, Truly Vanilla, dry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		0	MC	9		2.00		
Energy	kcal	362		0	MC	9		145		
Energy	kJ	1515		0	MC	9		606		
Protein (N x 6.25)	g	19.00		0	MC	9		7.60		
Total lipid (fat)	g	5.30		0	MC	9		2.12		
Ash	g	5.70		0	MC	9		2.28		
Carbohydrate, by difference	g	65.00		0	MC	9		26.00		
Fiber, total dietary	g	12.8		0	MC	9		5.1		
Sugars, total	g	18.00		0	MC	9		7.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0	MC	9		29		
Iron, Fe	mg	3.80		0	MC	9		1.52		
Magnesium, Mg	mg	48		0	MC	9		19		
Phosphorus, P	mg	224		0	MC	9		90		
Potassium, K	mg	532		0	MC	9		213		
Sodium, Na	mg	247		0	MC	9		99		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.700		0	MC	9		0.280		
Fatty acids, total monounsaturated	g	1.800		0	MC	9		0.720		
Fatty acids, total polyunsaturated	g	2.800		0	MC	9		1.120		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08562

Cereals, KASHI, KASHI GO LEAN Hot Cereal, Truly Vanilla, dry

Measure 1 = 40g: 1 packet (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08488

Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.70		1	MA	12		3.40		
Energy....kcal	362		0	NC	4		127		
Energy....kJ	1514		0	NC	4		530		
Protein (N x 6.25)....g	13.30		1	MA	12		4.66		
Total lipid (fat)....g	1.28		0	NR	4		0.45		
Ash....g	1.40		1	MA	12		0.49		
Carbohydrate, by difference....g	74.30		0	MC	9		26.01		
Fiber, total dietary....g	3.9		1	MA	12		1.4		
Sugars, total....g	0.70		1	MA	12		0.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	377		1	MA	12		132		
Iron, Fe....mg	39.60		1	MA	12		13.86		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	140		1	MA	12		49		
Sodium, Na....mg	10		1	MA	12		4		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MA	12		0.4		
Thiamin....mg	1.670		1	MA	12		0.585		
Riboflavin....mg	0.970		1	MA	12		0.340		
Niacin....mg	13.000		1	MA	12		4.550		
Pantothenic acid....mg									
Vitamin B-6....mg	1.850		1	MA	12		0.648		
Folate, total....mcg	990		0	NC	4		347		
* Folic acid....mcg	962		1	MA	12		337		
Folate, food....mcg	28		0	CAAN	4		10		
Folate, DFE....mcg_DFE	1663		0	NC	4		582		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		1	MA	12		35		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.306		1	MA	12		0.107		
Fatty acids, total monounsaturated....g	0.151		1	MA	12		0.053		
Fatty acids, total polyunsaturated....g	0.759		1	MA	12		0.266		
Fatty acids, total trans....g									

NDB No. 08488
Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 3 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.70		1	MA	12		11.06	0.69	
Energy....kcal	374		0	MC	9		617	39	
Energy....kJ	1565		0	MC	9		2582	161	
Protein (N x 5.7)....g	10.60		1	MA	12		17.49	1.09	
Total lipid (fat)....g	1.31		0	NR	4		2.16	0.13	
Ash....g	1.50		1	MA	12		2.48	0.15	
Carbohydrate, by difference....g	79.90		0	MC	9		131.84	8.23	
Fiber, total dietary....g	4.3		1	MA	12		7.1	0.4	
Sugars, total....g	24.40		1	MA	12		40.26	2.51	
Starch....g									
Minerals:									
* Calcium, Ca....mg	369		1	MA	12		609	38	
* Iron, Fe....mg	39.70		1	MA	12		65.51	4.09	
Magnesium, Mg....mg	13		0		4		21	1	
Phosphorus, P....mg	166		1	MA	12		274	17	
Potassium, K....mg	315		1	MA	12		520	32	
Sodium, Na....mg	10		1	MA	12		17	1	
Zinc, Zn....mg	0.53		0	A	1		0.87	0.05	
Copper, Cu....mg	0.079		0	A	1		0.130	0.008	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MA	12		1.7	0.1	
* Thiamin....mg	1.460		1	MA	12		2.409	0.150	
* Riboflavin....mg	1.010		1	MA	12		1.667	0.104	
* Niacin....mg	16.200		1	MA	12		26.730	1.669	
Pantothenic acid....mg	0.416		0	A	1		0.686	0.043	
* Vitamin B-6....mg	3.770		1	MA	12		6.221	0.388	
Folate, total....mcg	1208		0	NC	4		1993	124	
* Folic acid....mcg	1180		1	MA	12		1947	122	
Folate, food....mcg	28		0	CAAN	4		46	3	
Folate, DFE....mcg_DFE	2034		0	NC	4		3356	210	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.462		1	MA	12		0.762	0.048	
Fatty acids, total monounsaturated....g	0.265		1	MA	12		0.437	0.027	
Fatty acids, total polyunsaturated....g	0.521		1	MA	12		0.860	0.054	
Fatty acids, total trans....g									

NDB No. 08177
Cereals, MALT-O-MEAL, chocolate, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	1		1	MA	12		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	3		0	CAZN	4		5	0	
Theobromine....mg	97		0	CAZN	4		160	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.3g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08116

Cereals, MALT-O-MEAL, plain, dry

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.80		1	MA	12		16.17	1.01	
Energy....kcal	361		0	MC	9		596	37	
Energy....kJ	1510		0	MC	9		2492	156	
Protein (N x 5.7)....g	11.80		1	MA	12		19.47	1.22	
Total lipid (fat)....g	1.27		0	NR	4		2.10	0.13	
Ash....g	1.50		1	MA	12		2.48	0.15	
Carbohydrate, by difference....g	75.60		0	MC	9		124.74	7.79	
Fiber, total dietary....g	4.0		1	MA	12		6.6	0.4	
Sugars, total....g	1.10		1	MA	12		1.82	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	508		1	MA	12		838	52	
Iron, Fe....mg	55.70		1	MA	12		91.91	5.74	
Magnesium, Mg....mg	13		0		4		21	1	
Phosphorus, P....mg	213		1	MA	12		351	22	
Potassium, K....mg	170		1	MA	12		281	18	
Sodium, Na....mg	10		1	MA	12		17	1	
Zinc, Zn....mg	0.53		0	A	1		0.87	0.05	
Copper, Cu....mg	0.079		0	A	1		0.130	0.008	
Manganese, Mn....mg									
Selenium, Se....mcg	23.5		0	BFZN	4		38.8	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MA	12		1.7	0.1	
Thiamin....mg	1.840		1	MA	12		3.036	0.190	
Riboflavin....mg	0.900		1	MA	12		1.485	0.093	
Niacin....mg	24.500		1	MA	12		40.425	2.524	
Pantothenic acid....mg	0.416		0	A	1		0.686	0.043	
Vitamin B-6....mg	1.680		1	MA	12		2.772	0.173	
Folate, total....mcg	1448		0	NC	4		2389	149	
* Folic acid....mcg	1420		1	MA	12		2343	146	
Folate, food....mcg	28		0	CAAN	4		46	3	
Folate, DFE....mcg_DFE	2442		0	NC	4		4029	252	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		1	MA	12		165	10	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.299		1	MA	12		0.493	0.031	
Fatty acids, total monounsaturated....g	0.168		1	MA	12		0.277	0.017	
Fatty acids, total polyunsaturated....g	0.743		1	MA	12		1.226	0.077	
Fatty acids, total trans....g									

NDB No. 08116
Cereals, MALT-O-MEAL, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		1	MA	12		2	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.3g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08176
Cereals, MALTEX, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.00		0	FLM	4		201.69	151.47	
Energy....kcal	76		0	FLM	4		190	143	
Energy....kJ	319		0	FLM	4		795	597	
Protein (N x 5.83)....g	2.29		0	FLM	4		5.70	4.28	
Total lipid (fat)....g	0.43		0	FLM	4		1.07	0.80	
Ash....g	0.47		0	FLM	4		1.17	0.88	
Carbohydrate, by difference....g	15.81		0	FLM	4		39.37	29.57	
Fiber, total dietary....g	0.9		0	FLM	4		2.1	1.6	
Sugars, total....g	0.13		0	FLM	4		0.33	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	FLM	4		23	17	
Iron, Fe....mg	0.72		0	FLM	4		1.79	1.35	
Magnesium, Mg....mg	23		0	FLM	4		58	43	
Phosphorus, P....mg	71		0	FLM	4		178	134	
Potassium, K....mg	107		0	FLM	4		266	200	
Sodium, Na....mg	76		0		1		189	142	
Zinc, Zn....mg	0.75		0	FLM	4		1.86	1.40	
Copper, Cu....mg	0.140		0	FLM	4		0.348	0.261	
Manganese, Mn....mg	0.000		0	FLM	4		0.001	0.001	
Selenium, Se....mcg	14.5		0	FLM	4		36.0	27.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin....mg	0.106		0	FLM	4		0.265	0.199	
Riboflavin....mg	0.041		0	FLM	4		0.102	0.077	
Niacin....mg	0.953		0	FLM	4		2.373	1.782	
Pantothenic acid....mg	0.140		0	FLM	4		0.348	0.261	
Vitamin B-6....mg	0.031		0	FLM	4		0.076	0.057	
Folate, total....mcg	12		0	FLM	4		29	22	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	12		0	FLM	4		29	22	
Folate, DFE....mcg_DFE	12		0	NC	4		29	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	FLM	4		0	0	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	34		0	FLM	4		85	64	
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLM	4		1.12	0.84	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		0	FLM	4		1.4	1.1	
Lipids:									
Fatty acids, total saturated....g	0.061		0	FLM	4		0.152	0.114	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.001		0	FLM	4		0.003	0.002	

NDB No. 08176
Cereals, MALTEX, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.001	0.001	
15:0 ... g									
16:0 ... g	0.057		0	FLM	4		0.142	0.107	
17:0 ... g									
18:0 ... g	0.002		0	FLM	4		0.006	0.004	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.046		0	FLM	4		0.115	0.087	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLM	4		0.004	0.003	
17:1 ... g									
18:1 undifferentiated ... g	0.044		0	FLM	4		0.111	0.083	
20:1 ... g	0.000		0	FLM	4		0.001	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.155		0	FLM	4		0.386	0.290	
18:2 undifferentiated ... g	0.140		0	FLM	4		0.348	0.261	
18:3 undifferentiated ... g	0.015		0	FLM	4		0.038	0.028	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 187g: .75 cup

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08115

Cereals, MALTEX, cooked with water, without salt

Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.00		0	FLC	4		201.69	12.96	151.47
Energy....kcal	76		0	FLC	4		190	12	143
Energy....kJ	319		0	FLC	4		795	51	597
Protein (N x 5.83)....g	2.29		0	FLC	4		5.70	0.37	4.28
Total lipid (fat)....g	0.43		0	FLC	4		1.07	0.07	0.80
Ash....g	0.47		0	FLC	4		1.17	0.07	0.88
Carbohydrate, by difference....g	15.81		0	FLC	4		39.37	2.53	29.57
Fiber, total dietary....g	0.9		0	FLC	4		2.1	0.1	1.6
Sugars, total....g	0.13		0	FLC	4		0.33	0.02	0.25
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	FLC	4		23	1	17
Iron, Fe....mg	0.72		0	FLC	4		1.79	0.12	1.35
Magnesium, Mg....mg	23		0	FLC	4		58	4	43
Phosphorus, P....mg	71		0	FLC	4		178	11	134
Potassium, K....mg	107		0	FLC	4		266	17	200
Sodium, Na....mg	5		0	FLC	4		13	1	10
Zinc, Zn....mg	0.75		0	FLC	4		1.86	0.12	1.40
Copper, Cu....mg	0.140		0	FLC	4		0.348	0.022	0.261
Manganese, Mn....mg	0.000		0	FLC	4		0.001	0.000	0.001
Selenium, Se....mcg	14.5		0	FLC	4		36.0	2.3	27.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.085		0	FLC	4		0.212	0.014	0.159
Riboflavin....mg	0.037		0	FLC	4		0.092	0.006	0.069
Niacin....mg	0.858		0	FLC	4		2.136	0.137	1.604
Pantothenic acid....mg	0.140		0	FLC	4		0.348	0.022	0.261
Vitamin B-6....mg	0.028		0	FLC	4		0.069	0.004	0.052
Folate, total....mcg	8		0	FLC	4		20	1	15
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	8		0	FLC	4		20	1	15
Folate, DFE....mcg_DFE	8		0	NC	4		20	1	15
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	0
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	0		0	FLC	4		0	0	0
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	31		0	FLC	4		77	5	58
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLC	4		1.12	0.07	0.84
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		0	FLC	4		1.4	0.1	1.1
Lipids:									
Fatty acids, total saturated....g	0.069		0	FLC	4		0.172	0.011	0.129
4:0....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0....g	0.001		0	FLC	4		0.003	0.000	0.003

NDB No. 08115
Cereals, MALTEX, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	FLC	4		0.000	0.000	0.000
12:0 g	0.000		0	FLC	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0	FLC	4		0.001	0.000	0.001
15:0 g									
16:0 g	0.065		0	FLC	4		0.161	0.010	0.121
17:0 g									
18:0 g	0.003		0	FLC	4		0.007	0.000	0.005
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.050		0	FLC	4		0.125	0.008	0.094
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	FLC	4		0.004	0.000	0.003
17:1 g									
18:1 undifferentiated g	0.048		0	FLC	4		0.120	0.008	0.090
20:1 g	0.000		0	FLC	4		0.001	0.000	0.001
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.167		0	FLC	4		0.416	0.027	0.312
18:2 undifferentiated g	0.151		0	FLC	4		0.375	0.024	0.282
18:3 undifferentiated g	0.016		0	FLC	4		0.040	0.003	0.030
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLC	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 187g: .75 cup

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08114
Cereals, MALTEX, dry
Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.50		6		1		11.33	2.85	
Energy....kcal	352		0	NC	4		532	134	
Energy....kJ	1473		0		4		2224	560	
Protein (N x 5.83)....g	11.20		6		1		16.91	4.26	
Total lipid (fat)....g	2.10		6		1		3.17	0.80	
Ash....g	1.90		6		1		2.87	0.72	
Carbohydrate, by difference....g	77.30		0	NC	4		116.72	29.37	
Fiber, total dietary....g	4.2		0		4		6.3	1.6	
Sugars, total....g	0.66		0	FLM	4		0.99	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		6		1		54	14	
Iron, Fe....mg	3.50		6		1		5.29	1.33	
Magnesium, Mg....mg	111		6		1		168	42	
Phosphorus, P....mg	349		6		1		527	133	
Potassium, K....mg	521		6		1		787	198	
Sodium, Na....mg	17		6		1		26	6	
Zinc, Zn....mg	3.64		6		1		5.50	1.38	
Copper, Cu....mg	0.657		6		1		0.992	0.250	
Manganese, Mn....mg									
Selenium, Se....mcg	70.7		0	BFZN	4		106.8	26.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.520		6		1		0.785	0.198	
Riboflavin....mg	0.200		6		1		0.302	0.076	
Niacin....mg	4.660		6		1		7.037	1.771	
Pantothenic acid....mg	0.683		6		1		1.031	0.260	
Vitamin B-6....mg	0.150		6		1		0.227	0.057	
Folate, total....mcg	57		6		1		86	22	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	57		0	NC	4		86	22	
Folate, DFE....mcg_DFE	57		0	NC	4		86	22	
Choline, total....mg	19.2		0	O	4		29.0	7.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	Z	7		0	0	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	167		0	FLM	4		252	63	
Vitamin E (alpha-tocopherol)....mg	2.19		0	FLM	4		3.31	0.83	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	2.8		0	FLM	4		4.3	1.1	
Lipids:									
Fatty acids, total saturated....g	0.321		0	FLM	4		0.484	0.122	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08114
Cereals, MALTEX, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.006		0	FLM	4		0.010	0.002	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.002		0	FLM	4		0.003	0.001	
15:0....g									
16:0....g	0.300		0	FLM	4		0.453	0.114	
17:0....g									
18:0....g	0.012		0	FLM	4		0.019	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.243		0	FLM	4		0.367	0.092	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	FLM	4		0.013	0.003	
17:1....g									
18:1 undifferentiated....g	0.234		0	FLM	4		0.353	0.089	
20:1....g	0.001		0	FLM	4		0.002	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.813		0	FLM	4		1.228	0.309	
18:2 undifferentiated....g	0.734		0	FLM	4		1.108	0.279	
18:3 undifferentiated....g	0.079		0	FLM	4		0.120	0.030	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup

Measure 2 = 38g: .25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08179
Cereals, MAYPO, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.70		0	FLM	4		198.48	148.86	
Energy....kcal	71		0	FLM	4		171	129	
Energy....kJ	299		0	FLM	4		717	538	
Protein (N x 5.83)....g	2.43		0	FLM	4		5.82	4.37	
Total lipid (fat)....g	0.97		0	FLM	4		2.34	1.75	
Ash....g	0.67		0	FLM	4		1.61	1.21	
Carbohydrate, by difference....g	13.23		0	FLM	4		31.75	23.82	
Fiber, total dietary....g	2.0		0	FLM	4		4.8	3.6	
Sugars, total....g	6.26		0	FLM	4		15.02	11.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	FLM	4		129	97	
Iron, Fe....mg	3.49		0	FLM	4		8.39	6.29	
Magnesium, Mg....mg	22		0	FLM	4		52	39	
Phosphorus, P....mg	103		0	FLM	4		248	186	
Potassium, K....mg	88		0	FLM	4		211	158	
Sodium, Na....mg	108		0		1		259	194	
Zinc, Zn....mg	0.62		0	FLM	4		1.49	1.11	
Copper, Cu....mg	0.072		0	FLM	4		0.172	0.129	
Manganese, Mn....mg	0.000		0	FLM	4		0.001	0.001	
Selenium, Se....mcg	7.7		0	FLM	4		18.4	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.8		0	FLM	4		28.2	21.2	
Thiamin....mg	0.294		0	FLM	4		0.706	0.529	
Riboflavin....mg	0.331		0	FLM	4		0.794	0.595	
Niacin....mg	3.896		0	FLM	4		9.350	7.012	
Pantothenic acid....mg	0.141		0	FLM	4		0.339	0.254	
Vitamin B-6....mg	0.386		0	FLM	4		0.926	0.695	
Folate, total....mcg	5		0	FLM	4		12	9	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	5		0	FLM	4		12	9	
Folate, DFE....mcg_DFE	5		0	NC	4		12	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.16		0	FLM	4		2.78	2.08	
Vitamin A, RAE....mcg_RAE	292		0	NC	4		701	526	
Retinol....mcg	292		0	FLM	4		701	526	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	973		0	NC	4		2336	1752	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	23		0	FLM	4		55	41	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLM	4		0.17	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		0	FLM	4		1.3	1.0	
Lipids:									
Fatty acids, total saturated....g	0.185		0	FLM	4		0.444	0.333	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08179
Cereals, MAYPO, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.003		0	FLM	4		0.008	0.006	
13:0 ... g									
14:0 ... g	0.002		0	FLM	4		0.004	0.003	
15:0 ... g									
16:0 ... g	0.170		0	FLM	4		0.408	0.306	
17:0 ... g									
18:0 ... g	0.010		0	FLM	4		0.025	0.018	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.255		0	FLM	4		0.611	0.458	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLM	4		0.004	0.003	
17:1 ... g									
18:1 undifferentiated ... g	0.252		0	FLM	4		0.605	0.454	
20:1 ... g	0.001		0	FLM	4		0.002	0.001	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.212		0	FLM	4		0.510	0.382	
18:2 undifferentiated ... g	0.199		0	FLM	4		0.478	0.358	
18:3 undifferentiated ... g	0.013		0	FLM	4		0.032	0.024	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08119

Cereals, MAYPO, cooked with water, without salt

Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.70		0		1		198.48	12.41	148.86
Energy....kcal	71		0	NC	4		170	11	128
Energy....kJ	297		0		4		713	45	535
Protein (N x 5.83)....g	2.40		0		1		5.76	0.36	4.32
Total lipid (fat)....g	1.00		0		1		2.40	0.15	1.80
Ash....g	0.60		0		1		1.44	0.09	1.08
Carbohydrate, by difference....g	13.30		0	NC	4		31.92	2.00	23.94
Fiber, total dietary....g	2.4		0		1		5.8	0.4	4.3
Sugars, total....g	6.26		0	FLM	4		15.02	0.94	11.26
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0		5		125	8	94
Iron, Fe....mg	3.50		0		5		8.40	0.53	6.30
Magnesium, Mg....mg	21		0		1		50	3	38
Phosphorus, P....mg	103		0		1		247	15	185
Potassium, K....mg	88		0		1		211	13	158
Sodium, Na....mg	4		0		1		10	1	7
Zinc, Zn....mg	0.62		0		1		1.49	0.09	1.12
Copper, Cu....mg	0.066		0		1		0.158	0.010	0.119
Manganese, Mn....mg									
Selenium, Se....mcg	7.7		0	BFSN	4		18.5	1.2	13.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		0		5		28.8	1.8	21.6
Thiamin....mg	0.300		0		5		0.720	0.045	0.540
Riboflavin....mg	0.300		0		5		0.720	0.045	0.540
Niacin....mg	3.900		0		5		9.360	0.585	7.020
Pantothenic acid....mg	0.141		0		1		0.338	0.021	0.254
Vitamin B-6....mg	0.400		0		5		0.960	0.060	0.720
Folate, total....mcg	4		0		1		10	1	7
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	4		0		1		10	1	7
Folate, DFE....mcg_DFE	4		0	NC	4		10	1	7
Choline, total....mg	4.4		0	O	4		10.6	0.7	7.9
Betaine....mg									
* Vitamin B-12....mcg	1.20		0		5		2.88	0.18	2.16
* Vitamin B-12, added....mcg	1.20		0	NR	4		2.88	0.18	2.16
Vitamin A, RAE....mcg_RAE	292		0	NC	4		701	44	526
Retinol....mcg	292		0	NC	4		701	44	526
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	974		0		5		2338	146	1753
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	20		0	FLM	4		49	3	37
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLM	4		0.17	0.01	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.6		0	FLM	4		1.3	0.1	1.0
Lipids:									
Fatty acids, total saturated....g	0.175		0		4		0.420	0.026	0.315
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 08119
Cereals, MAYPO, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	0.000
8:0 ... g	0.000		0		4		0.000	0.000	0.000
10:0 ... g	0.000		0		4		0.000	0.000	0.000
12:0 ... g	0.003		0		4		0.007	0.000	0.005
13:0 ... g									
14:0 ... g	0.002		0		4		0.005	0.000	0.004
15:0 ... g									
16:0 ... g	0.148		0		4		0.355	0.022	0.266
17:0 ... g									
18:0 ... g	0.009		0		4		0.022	0.001	0.016
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.305		0		4		0.732	0.046	0.549
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		4		0.005	0.000	0.004
17:1 ... g									
18:1 undifferentiated ... g	0.303		0		4		0.727	0.045	0.545
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.368		0		4		0.883	0.055	0.662
18:2 undifferentiated ... g	0.351		0		4		0.842	0.053	0.632
18:3 undifferentiated ... g	0.003		0		4		0.007	0.000	0.005
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 180g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08118
Cereals, MAYPO, dry
Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30		12		1		5.92	2.96	
Energy....kcal	385		0	NC	4		362	181	
Energy....kJ	1611		0		4		1514	757	
Protein (N x 5.83)....g	13.20		12		1		12.41	6.20	
Total lipid (fat)....g	5.30		12		1		4.98	2.49	
Ash....g	3.20		12		1		3.01	1.50	
Carbohydrate, by difference....g	72.00		0	NC	4		67.68	33.84	
Fiber, total dietary....g	10.8		0		1		10.2	5.1	
Sugars, total....g	34.05		0	FLA	4		32.01	16.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	282		0		5		265	133	
Iron, Fe....mg	19.00		0		5		17.86	8.93	
Magnesium, Mg....mg	115		12		1		108	54	
Phosphorus, P....mg	562		12		1		528	264	
Potassium, K....mg	478		12		1		449	225	
Sodium, Na....mg	19		12		1		18	9	
Zinc, Zn....mg	3.35		12		1		3.15	1.57	
Copper, Cu....mg	0.360		12		1		0.338	0.169	
Manganese, Mn....mg									
Selenium, Se....mcg	41.7		0	RA	4		39.2	19.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	64.0		0		5		60.2	30.1	
Thiamin....mg	1.600		0		5		1.504	0.752	
Riboflavin....mg	1.800		0		5		1.692	0.846	
Niacin....mg	21.200		0		5		19.928	9.964	
Pantothenic acid....mg	0.768		12		1		0.722	0.361	
Vitamin B-6....mg	2.100		0		5		1.974	0.987	
Folate, total....mcg	27		12		1		25	13	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	27		12		1		25	13	
Folate, DFE....mcg_DFE	27		0	NC	4		25	13	
Choline, total....mg	25.2		0	O	4		23.7	11.8	
Betaine....mg									
Vitamin B-12....mcg	6.30		0		5		5.92	2.96	
Vitamin A, RAE....mcg_RAE	1589		0	NC	4		1494	747	
Retinol....mcg	1589		0	NC	4		1494	747	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5291		0		5		4974	2487	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	124		0	FLA	4		116	58	
Vitamin E (alpha-tocopherol)....mg	0.38		0	FLA	4		0.35	0.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.0		0	FLA	4		2.9	1.4	
Lipids:									
Fatty acids, total saturated....g	0.686		0	FLA	4		0.645	0.322	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 08118
Cereals, MAYPO, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.012		0	FLA	4		0.011	0.005	
13:0....g									
14:0....g	0.006		0	FLA	4		0.006	0.003	
15:0....g									
16:0....g	0.630		0	FLA	4		0.592	0.296	
17:0....g									
18:0....g	0.038		0	FLA	4		0.036	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.510		0	FLA	4		1.419	0.710	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLA	4		0.010	0.005	
17:1....g									
18:1 undifferentiated....g	1.495		0	FLA	4		1.405	0.703	
20:1....g	0.004		0	FLA	4		0.004	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.260		0	FLA	4		1.184	0.592	
18:2 undifferentiated....g	1.181		0	FLA	4		1.110	0.555	
18:3 undifferentiated....g	0.079		0	FLA	4		0.074	0.037	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 47g: .5 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08512

Cereals, Malt-O-Meal, chocolate, prepared with water, without salt

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.15		0	RPI	6		238.92		
Energy....kcal	44		0	RPI	6		118		
Energy....kJ	184		0	RPI	6		493		
Protein....g	1.22		0	RPI	6		3.28		
Total lipid (fat)....g	0.15		0	RPI	6		0.40		
Ash....g	0.26		0	RPI	6		0.70		
Carbohydrate, by difference....g	9.22		0	RPI	6		24.70		
Fiber, total dietary....g	0.5		0	RPI	6		1.3		
Sugars, total....g	2.81		0	RPI	6		7.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0	RPA	1		120		
Iron, Fe....mg	4.58		0	RPA	1		12.28		
Magnesium, Mg....mg	2		0	RPI	6		5		
Phosphorus, P....mg	19		0	RPA	1		51		
Potassium, K....mg	36		0	RPA	1		98		
Sodium, Na....mg	3		0	RPA	1		8		
Zinc, Zn....mg	0.07		0	RPA	1		0.17		
Copper, Cu....mg	0.015		0	RPA	1		0.040		
Manganese, Mn....mg	0.000		0	RPA	1		0.001		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPI	6		0.3		
Thiamin....mg	0.168		0	RPI	6		0.451		
Riboflavin....mg	0.116		0	RPI	6		0.312		
Niacin....mg	1.869		0	RPI	6		5.008		
Pantothenic acid....mg	0.048		0	RPI	6		0.129		
Vitamin B-6....mg	0.435		0	RPI	6		1.165		
Folate, total....mcg	139		0	RPI	6		373		
Folic acid....mcg	136		0	RPI	6		365		
Folate, food....mcg	3		0	RPI	6		9		
Folate, DFE....mcg_DFE	235		0	NC	4		629		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.054		0	BFSN	4		0.144		
Fatty acids, total monounsaturated....g	0.031		0	BFSN	4		0.083		
Fatty acids, total polyunsaturated....g	0.061		0	BFSN	4		0.162		
Fatty acids, total trans....g									

NDB No. 08512

Cereals, Malt-O-Meal, chocolate, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	RPA	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08511

Cereals, Malt-o-Meal, plain, prepared with water, without salt

Malt-O-Meal, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.51		0	RPI	6		239.88		
Energy....kcal	42		0	RPI	6		112		
Energy....kJ	175		0	RPI	6		470		
Protein....g	1.36		0	RPI	6		3.65		
Total lipid (fat)....g	0.15		0	RPI	6		0.39		
Ash....g	0.26		0	RPI	6		0.70		
Carbohydrate, by difference....g	8.72		0	RPI	6		23.37		
Fiber, total dietary....g	0.5		0	RPI	6		1.2		
Sugars, total....g	0.13		0	RPI	6		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0	RPA	1		163		
Iron, Fe....mg	6.43		0	RPA	1		17.23		
Magnesium, Mg....mg	2		0	RPI	6		5		
Phosphorus, P....mg	25		0	RPA	1		66		
Potassium, K....mg	20		0	RPA	1		53		
Sodium, Na....mg	3		0	RPA	1		8		
Zinc, Zn....mg	0.07		0	RPA	1		0.17		
Copper, Cu....mg	0.015		0	RPA	1		0.040		
Manganese, Mn....mg	0.000		0	RPA	1		0.001		
Selenium, Se....mcg	2.7		0	RPI	6		7.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPI	6		0.3		
Thiamin....mg	0.212		0	RPI	6		0.569		
Riboflavin....mg	0.104		0	RPI	6		0.278		
Niacin....mg	2.826		0	RPI	6		7.573		
Pantothenic acid....mg	0.048		0	RPI	6		0.129		
Vitamin B-6....mg	0.194		0	RPI	6		0.519		
Folate, total....mcg	167		0	RPI	6		448		
Folic acid....mcg	164		0	RPI	6		439		
Folate, food....mcg	3		0	RPI	6		9		
Folate, DFE....mcg_DFE	282		0	NC	4		755		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.035		0	BFSN	4		0.093		
Fatty acids, total monounsaturated....g	0.020		0	BFSN	4		0.052		
Fatty acids, total polyunsaturated....g	0.086		0	BFSN	4		0.232		
Fatty acids, total trans....g									

NDB No. 08511

Cereals, Malt-o-Meal, plain, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	RPA	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43306

Cereals, NESTUM, prepared with water

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.50		0	FLC	4				
Energy....kcal	73		0	FLC	4				
Energy....kJ	304		0	FLC	4				
Protein....g	1.41		0	FLC	4				
Total lipid (fat)....g	0.23		0	FLC	4				
Ash....g	0.63		0	FLC	4				
Carbohydrate, by difference....g	16.22		0	FLC	4				
Fiber, total dietary....g	0.4		0	FLC	4				
Sugars, total....g	2.91		0	FLC	4				
Starch....g									
Minerals:									
* Calcium, Ca....mg	108		0	FLC	4				
Iron, Fe....mg	5.08		0	FLC	4				
Magnesium, Mg....mg	8		0	FLC	4				
Phosphorus, P....mg	56		0	FLC	4				
Potassium, K....mg	25		0	FLC	4				
Sodium, Na....mg	33		0	FLC	4				
Zinc, Zn....mg	0.11		0	FLC	4				
Copper, Cu....mg	0.150		0	FLC	4				
Manganese, Mn....mg	0.104		0	FLC	4				
Selenium, Se....mcg	4.3		0	FLC	4				
Vitamins:									
* Vitamin C, total ascorbic acid....mg	6.3		0	FLC	4				
* Thiamin....mg	0.159		0	FLC	4				
* Riboflavin....mg	0.240		0	FLC	4				
* Niacin....mg	2.115		0	FLC	4				
Pantothenic acid....mg	0.282		0	FLC	4				
* Vitamin B-6....mg	0.056		0	FLC	4				
* Folate, total....mcg	6		0	FLC	4				
* Folic acid....mcg	6		0	FLC	4				
Folate, food....mcg	0		0	FLC	4				
Folate, DFE....mcg_DFE	10		0	NC	4				
Choline, total....mg	2.5		0	BFZN	4				
Betaine....mg									
* Vitamin B-12....mcg	0.17		0	FLC	4				
* Vitamin B-12, added....mcg	0.00		0	FLC	4				
* Vitamin A, RAE....mcg_RAE	156		0	FLC	4				
* Retinol....mcg	155		0	FLC	4				
Carotene, beta....mcg	5		0	FLC	4				
Carotene, alpha....mcg	3		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
* Vitamin A, IU....IU	529		0	FLC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	73		0	FLC	4				
* Vitamin E (alpha-tocopherol)....mg	1.41		0	FLC	4				
* Vitamin E, added....mg	1.41		0	NR	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	FLC	4				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
* Vitamin D....IU	42		0	FLC	4				
Vitamin K (phylloquinone)....mcg	0.0		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 43306
Cereals, NESTUM, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4				
8:0 ... g	0.000		0	FLC	4				
10:0 ... g	0.000		0	FLC	4				
12:0 ... g	0.000		0	FLC	4				
13:0 ... g									
14:0 ... g	0.000		0	FLC	4				
15:0 ... g									
16:0 ... g	0.000		0	FLC	4				
17:0 ... g									
18:0 ... g	0.000		0	FLC	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.066		0	FLC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	0.065		0	FLC	4				
20:1 ... g	0.000		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.138		0	FLC	4				
18:2 undifferentiated ... g	0.128		0	FLC	4				
18:3 undifferentiated ... g	0.010		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 (EPA) ... g	0.000		0	FLC	4				
22:5 n-3 (DPA) ... g	0.000		0	FLC	4				
22:6 n-3 (DHA) ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	0		0	FLC	4				
Theobromine ... mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	88.98		0	RA	4				
Energy ... kcal	43		0	RA	4				
Energy ... kJ	180				4				
Protein ... g	2.03		0	RA	4				
Total lipid (fat) ... g	0.95		0	RA	4				
Ash ... g	0.57		0	RA	4				
Carbohydrate, by difference ... g	7.49		0	RA	4				
Fiber, total dietary ... g	1.7		0	RA	4				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0	RA	4				
Iron, Fe ... mg	0.97		0	RA	4				
Magnesium, Mg ... mg	30		0	RA	4				
Phosphorus, P ... mg	82		0	RA	4				
Potassium, K ... mg	69		0	RA	4				
Sodium, Na ... mg	46		0	RA	4				
Zinc, Zn ... mg	0.53		0	RA	4				
Copper, Cu ... mg	0.041		0	RA	4				
Manganese, Mn ... mg	0.678		0	RA	4				
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RA	4				
Thiamin ... mg	0.115		0	RA	4				
Riboflavin ... mg	0.036		0	RA	4				
Niacin ... mg	0.095		0	RA	4				
Pantothenic acid ... mg	0.101		0	RA	4				
Vitamin B-6 ... mg	0.013		0	RA	4				
Folate, total ... mcg	5		0	RA	4				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	5		0	RA	4				
Folate, DFE ... mcg_DFE	5		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RA	4				
Vitamin A, RAE ... mcg_RAE	1		0	NC	4				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	12		0	RA	4				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.170		0	RA	4				
4:0 ... g	0.000		0	RA	4				
6:0 ... g	0.000		0	RA	4				
8:0 ... g	0.000		0	RA	4				

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.003		0	RA	4				
13:0 ... g									
14:0 ... g	0.001		0	RA	4				
15:0 ... g									
16:0 ... g	0.140		0	RA	4				
17:0 ... g									
18:0 ... g	0.009		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.310		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.299		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.360		0	RA	4				
18:2 undifferentiated ... g	0.334		0	RA	4				
18:3 undifferentiated ... g	0.015		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.19		0	RP	4				
Energy	kcal	104		0	RP	4				
Energy	kJ	434		0	RP	4				
Protein	g	3.22		0	RP	4				
Total lipid (fat)	g	1.28		0	RP	4				
Ash	g	1.48		0	RP	4				
Carbohydrate, by difference	g	19.82		0	RP	4				
Fiber, total dietary	g	1.7		0	RP	4				
Sugars, total	g	8.10		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	240		0	RP	4				
* Iron, Fe	mg	4.25		0	RP	4				
Magnesium, Mg	mg	25		0	RP	4				
Phosphorus, P	mg	88		0	RP	4				
Potassium, K	mg	73		0	RP	4				
Sodium, Na	mg	177		0	RP	4				
Zinc, Zn	mg	0.58		0	RP	4				
Copper, Cu	mg	0.076		0	RP	4				
Manganese, Mn	mg	0.743		0	RP	4				
Selenium, Se	mcg	6.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.181		0	RP	4				
* Riboflavin	mg	0.217		0	RP	4				
* Niacin	mg	2.557		0	RP	4				
Pantothenic acid	mg	0.121		0	RP	4				
* Vitamin B-6	mg	0.471		0	RP	4				
* Folate, total	mcg	94		0	RP	4				
Folic acid	mcg	88		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	156		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.81		0	RP	4				
Vitamin A, RAE	mcg_RAE	202		0	RP	4				
Retinol	mcg	202		0	RP	4				
Carotene, beta	mcg	0		0	RP	4				
Carotene, alpha	mcg	0		0	RP	4				
Cryptoxanthin, beta	mcg	0		0	RP	4				
* Vitamin A, IU	IU	673		0	RP	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	0		0	RP	4				
* Vitamin E (alpha-tocopherol)	mg	3.18		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.4		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	94		0	RP	4				
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.220		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.200		0	RP	4				
17:0	g									
18:0	g	0.014		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.449		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	RP	4				
17:1	g									
18:1 undifferentiated	g	0.446		0	RP	4				
20:1	g	0.000		0	RP	4				
22:1 undifferentiated	g	0.000		0	RP	4				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.388		0	RP	4				
18:2 undifferentiated	g	0.371		0	RP	4				
18:3 undifferentiated	g	0.017		0	RP	4				
18:4	g	0.000		0	RP	4				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4				
20:5 n-3 (EPA)	g	0.000		0	RP	4				
22:5 n-3 (DPA)	g	0.000		0	RP	4				
22:6 n-3 (DHA)	g	0.000		0	RP	4				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RP	4				
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine	g									
Cystine	g									
Phenylalanine	g									
Tyrosine	g									
Valine	g									
Arginine	g									
Histidine	g									
Alanine	g									
Aspartic acid	g									
Glutamic acid	g									
Glycine	g									
Proline	g									
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4				
Caffeine	mg	0		0	RP	4				
Theobromine	mg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08237

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.99		0	RA	4				
Energy	kcal	51		0	RA	4				
Energy	kJ	213				4				
Protein	g	1.53		0	RA	4				
Total lipid (fat)	g	0.07		0	RA	4				
Ash	g	0.15		0	RA	4				
Carbohydrate, by difference	g	11.26		0	RA	4				
Fiber, total dietary	g	0.4		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RA	4				
Iron, Fe	mg	4.73		0	RA	4				
Magnesium, Mg	mg	3		0	RA	4				
Phosphorus, P	mg	13		0	RA	4				
Potassium, K	mg	14		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.10		0	RA	4				
Copper, Cu	mg	0.015		0	RA	4				
Manganese, Mn	mg	0.041		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.069		0	RA	4				
Riboflavin	mg	0.048		0	RA	4				
Niacin	mg	0.778		0	RA	4				
Pantothenic acid	mg	0.053		0	RA	4				
Vitamin B-6	mg	0.007		0	RA	4				
Folate, total	mcg	23		0	BFSN	4				
Folic acid	mcg	20		0	NC	4				
Folate, food	mcg	3		0		4				
Folate, DFE	mcg_DFE	37		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.010		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				

NDB No. 08237

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.000		0	RA	4				
13:0 ... g									
14:0 ... g	0.000		0	RA	4				
15:0 ... g									
16:0 ... g	0.009		0	RA	4				
17:0 ... g									
18:0 ... g	0.001		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.040		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.039		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.022		0	RA	4				
18:2 undifferentiated ... g	0.019		0	RA	4				
18:3 undifferentiated ... g	0.002		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08241

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.87		0	RA	4				
Energy	kcal	51		0	RA	4				
Energy	kJ	213				4				
Protein	g	1.53		0	RA	4				
Total lipid (fat)	g	0.07		0	RA	4				
Ash	g	0.29		0	RA	4				
Carbohydrate, by difference	g	11.24		0	RA	4				
Fiber, total dietary	g	0.4		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RA	4				
Iron, Fe	mg	4.72		0	RA	4				
Magnesium, Mg	mg	3		0	RA	4				
Phosphorus, P	mg	13		0	RA	4				
Potassium, K	mg	14		0	RA	4				
Sodium, Na	mg	55		0	RA	4				
Zinc, Zn	mg	0.10		0	RA	4				
Copper, Cu	mg	0.015		0	RA	4				
Manganese, Mn	mg	0.041		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.069		0	RA	4				
Riboflavin	mg	0.048		0	RA	4				
Niacin	mg	0.777		0	RA	4				
Pantothenic acid	mg	0.053		0	RA	4				
Vitamin B-6	mg	0.007		0	RA	4				
Folate, total	mcg	23		0	BFSN	4				
Folic acid	mcg	20		0	NC	4				
Folate, food	mcg	3		0		4				
Folate, DFE	mcg_DFE	37		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.010		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				

NDB No. 08241

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.000		0	RA	4				
13:0 ... g									
14:0 ... g	0.000		0	RA	4				
15:0 ... g									
16:0 ... g	0.009		0	RA	4				
17:0 ... g									
18:0 ... g	0.001		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.040		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.039		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.022		0	RA	4				
18:2 undifferentiated ... g	0.019		0	RA	4				
18:3 undifferentiated ... g	0.002		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.80		0	MC	9		1.90		
Energy....kcal	364		0	MC	9		102		
Energy....kJ	1522		0	MC	9		426		
Protein (N x 6.25)....g	8.90		0	MC	9		2.49		
Total lipid (fat)....g	4.67		0	MC	9		1.31		
Ash....g	4.46		0	MC	9		1.25		
Carbohydrate, by difference....g	75.15		0	MC	9		21.04		
Fiber, total dietary....g	4.4		0	MC	9		1.2		
Sugars, total....g	2.01		0	MC	9		0.56		
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	MC	9		3		
* Iron, Fe....mg	28.93		0	MC	9		8.10		
Magnesium, Mg....mg	25		0	MC	9		7		
Phosphorus, P....mg	77		0	MC	9		22		
Potassium, K....mg	135		0	MC	9		38		
Sodium, Na....mg	1518		0	MC	9		425		
Zinc, Zn....mg	0.41		0	MC	9		0.11		
Copper, Cu....mg	0.060		0	MC	9		0.017		
Manganese, Mn....mg	0.090		0	MC	9		0.025		
Selenium, Se....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.610		0	MC	9		0.171		
* Riboflavin....mg	0.690		0	MC	9		0.193		
* Niacin....mg	8.150		0	MC	9		2.282		
Pantothenic acid....mg	0.410		0	MC	9		0.115		
Vitamin B-6....mg	0.140		0	MC	9		0.039		
* Folate, total....mcg	162		0	MC	9		45		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.29		0	MC	9		0.08		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Vitamin A, IU....IU	9		0	MC	9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.080		0	MC	9		0.302		
Fatty acids, total monounsaturated....g	2.290		0	MC	9		0.641		
Fatty acids, total polyunsaturated....g	1.120		0	MC	9		0.314		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.96		0	MC	9		1.95		
Energy....kcal	363		0	MC	9		102		
Energy....kJ	1520		0	MC	9		426		
Protein (N x 6.25)....g	10.29		0	MC	9		2.88		
Total lipid (fat)....g	5.35		0	MC	9		1.50		
Ash....g	4.88		0	MC	9		1.37		
Carbohydrate, by difference....g	72.49		0	MC	9		20.30		
Fiber, total dietary....g	4.7		0	MC	9		1.3		
Sugars, total....g	2.27		0	MC	9		0.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	MC	9		7		
* Iron, Fe....mg	28.93		0	MC	9		8.10		
Magnesium, Mg....mg	24		0	MC	9		7		
Phosphorus, P....mg	99		0	MC	9		28		
Potassium, K....mg	209		0	MC	9		59		
Sodium, Na....mg	1557		0	MC	9		436		
Zinc, Zn....mg	0.56		0	MC	9		0.16		
Copper, Cu....mg	0.110		0	MC	9		0.031		
Manganese, Mn....mg	0.090		0	MC	9		0.025		
Selenium, Se....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.570		0	MC	9		0.160		
* Riboflavin....mg	0.650		0	MC	9		0.182		
* Niacin....mg	7.640		0	MC	9		2.139		
Pantothenic acid....mg	0.430		0	MC	9		0.120		
Vitamin B-6....mg	0.160		0	MC	9		0.045		
* Folate, total....mcg	152		0	MC	9		43		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.38		0	MC	9		0.11		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Vitamin A, IU....IU	12		0	MC	9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.200		0	MC	9		0.336		
Fatty acids, total monounsaturated....g	2.530		0	MC	9		0.708		
Fatty acids, total polyunsaturated....g	1.430		0	MC	9		0.400		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.13		0	MC	9		2.00		
Energy....kcal	346		0	MC	9		97		
Energy....kJ	1450		0	MC	9		406		
Protein (N x 6.25)....g	9.93		0	MC	9		2.78		
Total lipid (fat)....g	1.75		0	MC	9		0.49		
Ash....g	4.55		0	MC	9		1.27		
Carbohydrate, by difference....g	76.62		0	MC	9		21.45		
Fiber, total dietary....g	4.6		0	MC	9		1.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	MC	9		3		
* Iron, Fe....mg	28.93		0	MC	9		8.10		
Magnesium, Mg....mg	31		0	MC	9		9		
Phosphorus, P....mg	80		0	MC	9		22		
Potassium, K....mg	173		0	MC	9		49		
Sodium, Na....mg	1764		0	MC	9		494		
Zinc, Zn....mg	0.48		0	MC	9		0.13		
Copper, Cu....mg	0.090		0	MC	9		0.025		
Manganese, Mn....mg	0.100		0	MC	9		0.028		
Selenium, Se....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.620		0	MC	9		0.174		
* Riboflavin....mg	0.710		0	MC	9		0.199		
* Niacin....mg	8.350		0	MC	9		2.338		
Pantothenic acid....mg	0.470		0	MC	9		0.132		
Vitamin B-6....mg	0.140		0	MC	9		0.039		
* Folate, total....mcg	166		0	MC	9		47		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.250		0	MC	9		0.070		
Fatty acids, total monounsaturated....g	0.520		0	MC	9		0.146		
Fatty acids, total polyunsaturated....g	0.730		0	MC	9		0.204		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08450

Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.82		0	MC	9		1.91		
Energy....kcal	359		0	MC	9		101		
Energy....kJ	1504		0	MC	9		421		
Protein (N x 6.25)....g	10.83		0	MC	9		3.03		
Total lipid (fat)....g	4.69		0	MC	9		1.31		
Ash....g	5.66		0	MC	9		1.58		
Carbohydrate, by difference....g	71.98		0	MC	9		20.15		
Fiber, total dietary....g	4.2		0	MC	9		1.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	MC	9		6		
* Iron, Fe....mg	28.93		0	MC	9		8.10		
Magnesium, Mg....mg	34		0	MC	9		9		
Phosphorus, P....mg	95		0	MC	9		27		
Potassium, K....mg	212		0	MC	9		59		
Sodium, Na....mg	1930		0	MC	9		541		
Zinc, Zn....mg	0.58		0	MC	9		0.16		
Copper, Cu....mg	0.110		0	MC	9		0.031		
Manganese, Mn....mg	0.090		0	MC	9		0.025		
Selenium, Se....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.560		0	MC	9		0.157		
* Riboflavin....mg	0.640		0	MC	9		0.179		
* Niacin....mg	7.560		0	MC	9		2.117		
Pantothenic acid....mg	0.460		0	MC	9		0.129		
Vitamin B-6....mg	0.180		0	MC	9		0.050		
* Folate, total....mcg	150		0	MC	9		42		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.42		0	MC	9		0.12		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Vitamin A, IU....IU	13		0	MC	9		4		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.060		0	MC	9		0.297		
Fatty acids, total monounsaturated....g	2.260		0	MC	9		0.633		
Fatty acids, total polyunsaturated....g	1.050		0	MC	9		0.294		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08450

Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08419

Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.77		0	MC	9		3.66		
Energy ... kcal	371		0	MC	9		200		
Energy ... kJ	1553		0	MC	9		838		
Protein ... g	8.85		0	MC	9		4.78		
Total lipid (fat) ... g	5.04		0	MC	9		2.72		
Ash ... g	2.97		0	MC	9		1.60		
Carbohydrate, by difference ... g	76.34		0	MC	9		41.22		
Fiber, total dietary ... g	6.7		0	MC	9		3.6		
Sugars, total ... g	30.99		0	MC	9		16.73		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	204		0	MC	9		110		
* Iron, Fe ... mg	7.33		0	MC	9		3.96		
Magnesium, Mg ... mg	91		0	MC	9		49		
Phosphorus, P ... mg	315		0	MC	9		170		
Potassium, K ... mg	261		0	MC	9		141		
Sodium, Na ... mg	456		0	MC	9		246		
Zinc, Zn ... mg	2.06		0	MC	9		1.11		
Copper, Cu ... mg	0.210		0	MC	9		0.113		
Manganese, Mn ... mg	2.850		0	MC	9		1.539		
Selenium, Se ... mcg	22.6		0	FLM	4		12.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	MC	9		0.1		
* Thiamin ... mg	0.610		0	MC	9		0.329		
* Riboflavin ... mg	0.690		0	MC	9		0.373		
* Niacin ... mg	8.150		0	MC	9		4.401		
Pantothenic acid ... mg	0.470		0	MC	9		0.254		
* Vitamin B-6 ... mg	0.810		0	MC	9		0.437		
* Folate, total ... mcg	163		0	MC	9		88		
Folic acid ... mcg	140		0	CAZN	4		76		
Folate, food ... mcg	23		0	NC	4		12		
Folate, DFE ... mcg_DFE	261		0	NC	4		141		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	612		0	NC	4		330		
Retinol ... mcg	612		0	NC	4		330		
Carotene, beta ... mcg	0		0	MC	9		0		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0		
* Vitamin A, IU ... IU	2037		0	MC	9		1100		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	118		0	FLM	4		64		
Vitamin E (alpha-tocopherol) ... mg	0.44		0	NR	4		0.24		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.1		0	FLM	4		1.1		
Lipids:									
Fatty acids, total saturated ... g	0.920		0	MC	9		0.497		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08419

Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.017		0	FLM	4		0.009		
13:0 ... g									
14:0 ... g	0.010		0	FLM	4		0.005		
15:0 ... g									
16:0 ... g	0.777		0	FLM	4		0.419		
17:0 ... g									
18:0 ... g	0.051		0	FLM	4		0.028		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.730		0	MC	9		0.934		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	1.721		0	FLM	4		0.929		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.500		0	MC	9		0.810		
18:2 undifferentiated ... g	1.435		0	FLM	4		0.775		
18:3 undifferentiated ... g	0.065		0	FLM	4		0.035		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08418

Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.35		0	MC	9		3.43		
Energy	kcal	367		0	MC	9		198		
Energy	kJ	1535		0	MC	9		829		
Protein	g	8.07		0	MC	9		4.36		
Total lipid (fat)	g	4.62		0	MC	9		2.49		
Ash	g	3.52		0	MC	9		1.90		
Carbohydrate, by difference	g	77.43		0	MC	9		41.81		
Fiber, total dietary	g	7.3		0	MC	9		4.0		
Sugars, total	g	34.57		0	MC	9		18.67		
Starch	g									
Minerals:										
* Calcium, Ca	mg	204		0	MC	9		110		
* Iron, Fe	mg	7.33		0	MC	9		3.96		
Magnesium, Mg	mg	82		0	MC	9		44		
Phosphorus, P	mg	288		0	MC	9		155		
Potassium, K	mg	303		0	MC	9		164		
Sodium, Na	mg	590		0	MC	9		319		
Zinc, Zn	mg	1.87		0	MC	9		1.01		
Copper, Cu	mg	0.220		0	MC	9		0.119		
Manganese, Mn	mg	2.550		0	MC	9		1.377		
Selenium, Se	mcg	17.7		0	FLM	4		9.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
* Thiamin	mg	0.610		0	MC	9		0.329		
* Riboflavin	mg	0.690		0	MC	9		0.373		
* Niacin	mg	8.140		0	MC	9		4.396		
Pantothenic acid	mg	0.450		0	MC	9		0.243		
* Vitamin B-6	mg	0.810		0	MC	9		0.437		
* Folate, total	mcg	163		0	MC	9		88		
Folic acid	mcg	140		0	NC	4		76		
Folate, food	mcg	23		0	CAZN	4		12		
Folate, DFE	mcg_DFE	261		0	NC	4		141		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	612		0	NC	4		330		
Retinol	mcg	611		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2037		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.40		0	NR	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	5.4		0	FLM	4		2.9		
Lipids:										
Fatty acids, total saturated	g	0.788		0	FLM	4		0.426		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08418

Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.011		0	FLM	4		0.006		
13:0 ... g									
14:0 ... g	0.009		0	FLM	4		0.005		
15:0 ... g									
16:0 ... g	0.689		0	FLM	4		0.372		
17:0 ... g									
18:0 ... g	0.079		0	FLM	4		0.043		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.550		0	FLM	4		0.837		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.015		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	1.535		0	FLM	4		0.829		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.370		0	FLM	4		0.740		
18:2 undifferentiated ... g	1.275		0	FLM	4		0.688		
18:3 undifferentiated ... g	0.095		0	FLM	4		0.051		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08414

Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.60		0	MC	9		3.56		
Energy ... kcal	372		0	MC	9		201		
Energy ... kJ	1555		0	MC	9		840		
Protein ... g	8.50		0	MC	9		4.59		
Total lipid (fat) ... g	4.78		0	MC	9		2.58		
Ash ... g	3.11		0	MC	9		1.68		
Carbohydrate, by difference ... g	77.00		0	MC	9		41.58		
Fiber, total dietary ... g	6.2		0	MC	9		3.4		
Sugars, total ... g	32.45		0	MC	9		17.52		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	204		0	MC	9		110		
* Iron, Fe ... mg	7.33		0	MC	9		3.96		
Magnesium, Mg ... mg	87		0	MC	9		47		
Phosphorus, P ... mg	303		0	MC	9		164		
Potassium, K ... mg	248		0	MC	9		134		
Sodium, Na ... mg	538		0	MC	9		291		
Zinc, Zn ... mg	1.97		0	MC	9		1.06		
Copper, Cu ... mg	0.210		0	MC	9		0.113		
Manganese, Mn ... mg	2.740		0	MC	9		1.480		
Selenium, Se ... mcg	21.0		0	FLM	4		11.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.610		0	MC	9		0.329		
* Riboflavin ... mg	0.690		0	MC	9		0.373		
* Niacin ... mg	8.140		0	MC	9		4.396		
Pantothenic acid ... mg	0.450		0	MC	9		0.243		
* Vitamin B-6 ... mg	0.810		0	MC	9		0.437		
* Folate, total ... mcg	163		0	MC	9		88		
Folic acid ... mcg	140		0	NC	4		76		
Folate, food ... mcg	23		0	CAZN	4		12		
Folate, DFE ... mcg_DFE	261		0	NC	4		141		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	612		0	NC	4		330		
Retinol ... mcg	611		0	BNA	4		330		
Carotene, beta ... mcg	0		0	BNA	4		0		
Carotene, alpha ... mcg	0		0	BNA	4		0		
Cryptoxanthin, beta ... mcg	0		0	BNA	4		0		
* Vitamin A, IU ... IU	2037		0	MC	9		1100		
Lycopene ... mcg	0		0	BNA	4		0		
Lutein + zeaxanthin ... mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.43		0	NR	4		0.23		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	3.7		0	FLM	4		2.0		
Lipids:									
Fatty acids, total saturated ... g	0.827		0	FLM	4		0.446		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08414

Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.013		0	FLM	4		0.007		
13:0 ... g									
14:0 ... g	0.008		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.738		0	FLM	4		0.399		
17:0 ... g									
18:0 ... g	0.067		0	FLM	4		0.036		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.660		0	FLM	4		0.896		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.012		0	FLM	4		0.007		
17:1 ... g									
18:1 undifferentiated ... g	1.648		0	FLM	4		0.890		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.440		0	FLM	4		0.778		
18:2 undifferentiated ... g	1.355		0	FLM	4		0.732		
18:3 undifferentiated ... g	0.085		0	FLM	4		0.046		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08413

Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.28		0	MC	9		2.51		
Energy ... kcal	363		0	MC	9		145		
Energy ... kJ	1520		0	MC	9		608		
Protein ... g	7.99		0	MC	9		3.20		
Total lipid (fat) ... g	4.39		0	MC	9		1.76		
Ash ... g	4.23		0	MC	9		1.69		
Carbohydrate, by difference ... g	77.09		0	MC	9		30.84		
Fiber, total dietary ... g	7.3		0	MC	9		2.9		
Sugars, total ... g	34.80		0	MC	9		13.92		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	550		0	MC	9		220		
* Iron, Fe ... mg	9.90		0	MC	9		3.96		
Magnesium, Mg ... mg	82		0	MC	9		33		
Phosphorus, P ... mg	279		0	MC	9		112		
Potassium, K ... mg	300		0	MC	9		120		
Sodium, Na ... mg	565		0	MC	9		226		
Zinc, Zn ... mg	1.85		0	MC	9		0.74		
Copper, Cu ... mg	0.220		0	MC	9		0.088		
Manganese, Mn ... mg	2.520		0	MC	9		1.008		
Selenium, Se ... mcg	17.5		0	FLM	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		0	MC	9		0.3		
* Thiamin ... mg	0.820		0	MC	9		0.328		
* Riboflavin ... mg	0.930		0	MC	9		0.372		
* Niacin ... mg	11.000		0	MC	9		4.400		
Pantothenic acid ... mg	0.450		0	MC	9		0.180		
* Vitamin B-6 ... mg	1.100		0	MC	9		0.440		
* Folate, total ... mcg	220		0	MC	9		88		
Folic acid ... mcg	197		0	NC	4		79		
Folate, food ... mcg	23		0	CAZN	4		9		
Folate, DFE ... mcg_DFE	358		0	NC	4		143		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	826		0	NC	4		330		
Retinol ... mcg	825		0	BNA	4		330		
Carotene, beta ... mcg	0		0	BNA	4		0		
Carotene, alpha ... mcg	0		0	BNA	4		0		
Cryptoxanthin, beta ... mcg	0		0	BNA	4		0		
* Vitamin A, IU ... IU	2750		0	MC	9		1100		
Lycopene ... mcg	0		0	BNA	4		0		
Lutein + zeaxanthin ... mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.38		0	NR	4		0.15		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.3		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	0.754		0	FLM	4		0.301		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08413
Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.015		0	FLM	4		0.006		
13:0 ... g									
14:0 ... g	0.009		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.682		0	FLM	4		0.273		
17:0 ... g									
18:0 ... g	0.047		0	FLM	4		0.019		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.520		0	FLM	4		0.608		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	1.512		0	FLM	4		0.605		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.270		0	FLM	4		0.508		
18:2 undifferentiated ... g	1.213		0	FLM	4		0.485		
18:3 undifferentiated ... g	0.057		0	FLM	4		0.023		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	76.27		0	RP	4		121.27		
Energy ... kcal	96		0	RP	4		152		
Energy ... kJ	401		0	RP	4		638		
Protein ... g	2.02		0	RP	4		3.21		
Total lipid (fat) ... g	1.11		0	RP	4		1.76		
Ash ... g	1.14		0	RP	4		1.82		
Carbohydrate, by difference ... g	19.45		0	RP	4		30.93		
Fiber, total dietary ... g	1.8		0	RP	4		2.9		
Sugars, total ... g	8.78		0	RP	4		13.96		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	141		0	RP	4		224		
* Iron, Fe ... mg	2.50		0	RP	4		3.98		
Magnesium, Mg ... mg	21		0	RP	4		34		
Phosphorus, P ... mg	70		0	RP	4		112		
Potassium, K ... mg	76		0	RP	4		120		
Sodium, Na ... mg	144		0	RP	4		229		
Zinc, Zn ... mg	0.47		0	RP	4		0.75		
Copper, Cu ... mg	0.061		0	RP	4		0.096		
Manganese, Mn ... mg	0.636		0	RP	4		1.012		
Selenium, Se ... mcg	4.4		0	RP	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	RP	4		0.3		
* Thiamin ... mg	0.186		0	RP	4		0.296		
* Riboflavin ... mg	0.223		0	RP	4		0.355		
* Niacin ... mg	2.637		0	RP	4		4.193		
Pantothenic acid ... mg	0.114		0	RP	4		0.181		
* Vitamin B-6 ... mg	0.278		0	RP	4		0.441		
* Folate, total ... mcg	56		0	RP	4		88		
Folic acid ... mcg	50		0	RP	4		79		
Folate, food ... mcg	6		0	RP	4		9		
Folate, DFE ... mcg_DFE	90		0	NC	4		144		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	208		0	RP	4		331		
Retinol ... mcg	208		0	RP	4		331		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	694		0	RP	4		1104		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.10		0	RP	4		0.15		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.6		0	RP	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	0.190		0	RP	4		0.302		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.004		0	RP	4		0.006		
13:0 ... g									
14:0 ... g	0.002		0	RP	4		0.004		
15:0 ... g									
16:0 ... g	0.172		0	RP	4		0.274		
17:0 ... g									
18:0 ... g	0.012		0	RP	4		0.019		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.384		0	RP	4		0.610		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.381		0	RP	4		0.607		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.321		0	RP	4		0.510		
18:2 undifferentiated ... g	0.306		0	RP	4		0.487		
18:3 undifferentiated ... g	0.014		0	RP	4		0.023		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Measure 1 = 159g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08417

Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.68		0	MC	9		2.74		
Energy ... kcal	368		0	MC	9		151		
Energy ... kJ	1538		0	MC	9		630		
Protein ... g	8.85		0	MC	9		3.63		
Total lipid (fat) ... g	4.75		0	MC	9		1.95		
Ash ... g	3.83		0	MC	9		1.57		
Carbohydrate, by difference ... g	75.86		0	MC	9		31.10		
Fiber, total dietary ... g	6.4		0	MC	9		2.6		
Sugars, total ... g	30.47		0	MC	9		12.49		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	268		0	MC	9		110		
* Iron, Fe ... mg	9.95		0	MC	9		4.08		
Magnesium, Mg ... mg	93		0	MC	9		38		
Phosphorus, P ... mg	308		0	MC	9		126		
Potassium, K ... mg	284		0	MC	9		116		
Sodium, Na ... mg	700		0	MC	9		287		
Zinc, Zn ... mg	2.05		0	MC	9		0.84		
Copper, Cu ... mg	0.210		0	MC	9		0.086		
Manganese, Mn ... mg	2.830		0	MC	9		1.160		
Selenium, Se ... mcg	17.9		0	FLM	4		7.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		0	MC	9		0.4		
* Thiamin ... mg	0.800		0	MC	9		0.328		
* Riboflavin ... mg	0.910		0	MC	9		0.373		
* Niacin ... mg	10.730		0	MC	9		4.399		
Pantothenic acid ... mg	0.460		0	MC	9		0.189		
* Vitamin B-6 ... mg	1.070		0	MC	9		0.439		
* Folate, total ... mcg	215		0	MC	9		88		
Folic acid ... mcg	192		0	NC	4		79		
Folate, food ... mcg	23		0	CAZN	4		9		
Folate, DFE ... mcg_DFE	349		0	NC	4		143		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	806		0	NC	4		330		
Retinol ... mcg	805		0	BNA	4		330		
Carotene, beta ... mcg	0		0	BNA	4		0		
Carotene, alpha ... mcg	0		0	BNA	4		0		
Cryptoxanthin, beta ... mcg	0		0	BNA	4		0		
* Vitamin A, IU ... IU	2683		0	MC	9		1100		
Lycopene ... mcg	0		0	BNA	4		0		
Lutein + zeaxanthin ... mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.43		0	NR	4		0.18		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.6		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated ... g	0.785		0	FLM	4		0.322		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08417
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.001		0	FLM	4		0.001		
12:0 ... g	0.014		0	FLM	4		0.006		
13:0 ... g									
14:0 ... g	0.010		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.716		0	FLM	4		0.294		
17:0 ... g									
18:0 ... g	0.044		0	FLM	4		0.018		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.708		0	FLM	4		0.700		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.023		0	FLM	4		0.009		
17:1 ... g									
18:1 undifferentiated ... g	1.685		0	FLM	4		0.691		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.410		0	FLM	4		0.578		
18:2 undifferentiated ... g	1.324		0	FLM	4		0.543		
18:3 undifferentiated ... g	0.086		0	FLM	4		0.035		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.80		0	RP	4		121.77		
Energy	kcal	107		0	RP	4		177		
Energy	kJ	450		0	RP	4		742		
Protein	g	2.40		0	RP	4		3.96		
Total lipid (fat)	g	1.31		0	RP	4		2.15		
Ash	g	0.96		0	RP	4		1.59		
Carbohydrate, by difference	g	21.52		0	RP	4		35.51		
Fiber, total dietary	g	1.8		0	RP	4		3.0		
Sugars, total	g	9.42		0	RP	4		15.55		
Starch	g									
Minerals:										
* Calcium, Ca	mg	69		0	RP	4		113		
* Iron, Fe	mg	2.41		0	RP	4		3.97		
Magnesium, Mg	mg	25		0	RP	4		42		
Phosphorus, P	mg	84		0	RP	4		138		
Potassium, K	mg	70		0	RP	4		116		
Sodium, Na	mg	151		0	RP	4		249		
Zinc, Zn	mg	0.56		0	RP	4		0.93		
Copper, Cu	mg	0.064		0	RP	4		0.105		
Manganese, Mn	mg	0.775		0	RP	4		1.279		
Selenium, Se	mcg	0.0		0	RP	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0		
* Thiamin	mg	0.179		0	RP	4		0.295		
* Riboflavin	mg	0.215		0	RP	4		0.355		
* Niacin	mg	2.540		0	RP	4		4.190		
Pantothenic acid	mg	0.126		0	RP	4		0.208		
* Vitamin B-6	mg	0.266		0	RP	4		0.438		
* Folate, total	mcg	54		0	RP	4		88		
Folic acid	mcg	47		0	RP	4		78		
Folate, food	mcg	6		0	RP	4		11		
Folate, DFE	mcg_DFE	86		0	NC	4		142		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE	mcg_RAE	201		0	RP	4		331		
Retinol	mcg	201		0	RP	4		331		
Carotene, beta	mcg	0		0	RP	4		0		
Carotene, alpha	mcg	0		0	RP	4		0		
Cryptoxanthin, beta	mcg	0		0	RP	4		0		
* Vitamin A, IU	IU	669		0	NC	4		1103		
Lycopene	mcg	0		0	RP	4		0		
Lutein + zeaxanthin	mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	RP	4		0		
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.226		0	RP	4		0.373		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.004		0	RP	4		0.007		
13:0 ... g									
14:0 ... g	0.003		0	RP	4		0.004		
15:0 ... g									
16:0 ... g	0.205		0	RP	4		0.339		
17:0 ... g									
18:0 ... g	0.014		0	RP	4		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.467		0	RP	4		0.771		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.465		0	RP	4		0.766		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.386		0	RP	4		0.637		
18:2 undifferentiated ... g	0.369		0	RP	4		0.609		
18:3 undifferentiated ... g	0.017		0	RP	4		0.028		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Measure 1 = 165g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08410

Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.56		0	MC	9		3.02		
Energy ... kcal	370		0	MC	9		170		
Energy ... kJ	1548		0	MC	9		712		
Protein (N x 6.25) ... g	8.59		0	MC	9		3.95		
Total lipid (fat) ... g	4.67		0	MC	9		2.15		
Ash ... g	3.19		0	MC	9		1.47		
Carbohydrate, by difference ... g	76.97		0	MC	9		35.41		
Fiber, total dietary ... g	6.6		0	MC	9		3.0		
Sugars, total ... g	33.70		0	MC	9		15.50		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	239		0	MC	9		110		
* Iron, Fe ... mg	8.60		0	MC	9		3.96		
Magnesium, Mg ... mg	89		0	MC	9		41		
Phosphorus, P ... mg	300		0	MC	9		138		
Potassium, K ... mg	251		0	MC	9		115		
Sodium, Na ... mg	535		0	MC	9		246		
Zinc, Zn ... mg	2.00		0	MC	9		0.92		
Copper, Cu ... mg	0.210		0	MC	9		0.097		
Manganese, Mn ... mg	2.770		0	MC	9		1.274		
Selenium, Se ... mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	MC	9		0.1		
* Thiamin ... mg	0.710		0	MC	9		0.327		
* Riboflavin ... mg	0.810		0	MC	9		0.373		
* Niacin ... mg	9.560		0	MC	9		4.398		
Pantothenic acid ... mg	0.450		0	MC	9		0.207		
* Vitamin B-6 ... mg	0.950		0	MC	9		0.437		
* Folate, total ... mcg	191		0	MC	9		88		
Folic acid ... mcg	168		0	BFZN	4		77		
Folate, food ... mcg	23		0	BFZN	4		11		
Folate, DFE ... mcg_DFE	309		0	NC	4		142		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	718		0	NC	4		330		
Retinol ... mcg	717		0	BFZN	4		330		
Carotene, beta ... mcg	0		0	MC	9		0		
Carotene, alpha ... mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
* Vitamin A, IU ... IU	2391		0	MC	9		1100		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.42		0	BFZN	4		0.19		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.0		0	BFZN	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	0.870		0	MC	9		0.400		
4:0 ... g	0.000		0	BFZN	4		0.000		
6:0 ... g	0.000		0	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		

NDB No. 08410

Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.016		0	BFZN	4		0.007		
13:0 ... g									
14:0 ... g	0.009		0	BFZN	4		0.004		
15:0 ... g									
16:0 ... g	0.735		0	BFZN	4		0.338		
17:0 ... g									
18:0 ... g	0.048		0	BFZN	4		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.670		0	MC	9		0.768		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	BFZN	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.661		0	BFZN	4		0.764		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.380		0	MC	9		0.635		
18:2 undifferentiated ... g	1.320		0	BFZN	4		0.607		
18:3 undifferentiated ... g	0.060		0	BFZN	4		0.027		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.04		0	MC	9		3.02		
Energy ... kcal	389		0	MC	9		195		
Energy ... kJ	1629		0	MC	9		815		
Protein ... g	7.67		0	MC	9		3.84		
Total lipid (fat) ... g	7.47		0	MC	9		3.74		
Ash ... g	2.94		0	MC	9		1.47		
Carbohydrate, by difference ... g	75.85		0	MC	9		37.93		
Fiber, total dietary ... g	5.6		0	MC	9		2.8		
Sugars, total ... g	39.00		0	MC	9		19.50		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	220		0	MC	9		110		
* Iron, Fe ... mg	7.92		0	MC	9		3.96		
Magnesium, Mg ... mg	78		0	MC	9		39		
Phosphorus, P ... mg	263		0	MC	9		131		
Potassium, K ... mg	218		0	MC	9		109		
Sodium, Na ... mg	502		0	MC	9		251		
Zinc, Zn ... mg	1.75		0	MC	9		0.88		
Copper, Cu ... mg	0.180		0	MC	9		0.090		
Manganese, Mn ... mg	2.430		0	MC	9		1.215		
Selenium, Se ... mcg	20.0		0	FLM	4		10.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.660		0	MC	9		0.330		
* Riboflavin ... mg	0.740		0	MC	9		0.370		
* Niacin ... mg	8.800		0	MC	9		4.400		
Pantothenic acid ... mg	0.400		0	MC	9		0.200		
* Vitamin B-6 ... mg	0.880		0	MC	9		0.440		
* Folate, total ... mcg	176		0	MC	9		88		
Folic acid ... mcg	153		0	NC	4		77		
Folate, food ... mcg	23		0	CAZN	4		12		
Folate, DFE ... mcg_DFE	283		0	NC	4		142		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	661		0	NC	4		330		
Retinol ... mcg	660		0	BNA	4		330		
Carotene, beta ... mcg	0		0	BNA	4		0		
Carotene, alpha ... mcg	0		0	BNA	4		0		
Cryptoxanthin, beta ... mcg	0		0	BNA	4		0		
* Vitamin A, IU ... IU	2200		0	MC	9		1100		
Lycopene ... mcg	0		0	BNA	4		0		
Lutein + zeaxanthin ... mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.37		0	NR	4		0.18		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	1.9		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	3.501		0	FLM	4		1.750		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		

NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.067		0	FLM	4		0.034		
13:0 ... g									
14:0 ... g	0.034		0	FLM	4		0.017		
15:0 ... g									
16:0 ... g	3.189		0	FLM	4		1.594		
17:0 ... g									
18:0 ... g	0.211		0	FLM	4		0.105		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.520		0	FLM	4		0.760		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.512		0	FLM	4		0.756		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.210		0	FLM	4		0.605		
18:2 undifferentiated ... g	1.157		0	FLM	4		0.579		
18:3 undifferentiated ... g	0.052		0	FLM	4		0.026		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.05		0	RP	4		120.32		
Energy ... kcal	119		0	RP	4		199		
Energy ... kJ	498		0	RP	4		832		
Protein ... g	2.28		0	RP	4		3.80		
Total lipid (fat) ... g	2.22		0	RP	4		3.70		
Ash ... g	0.94		0	RP	4		1.57		
Carbohydrate, by difference ... g	22.51		0	RP	4		37.59		
Fiber, total dietary ... g	1.7		0	RP	4		2.8		
Sugars, total ... g	11.57		0	RP	4		19.33		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	67		0	RP	4		112		
* Iron, Fe ... mg	2.35		0	RP	4		3.93		
Magnesium, Mg ... mg	23		0	RP	4		39		
Phosphorus, P ... mg	78		0	RP	4		130		
Potassium, K ... mg	65		0	RP	4		108		
Sodium, Na ... mg	150		0	RP	4		251		
Zinc, Zn ... mg	0.52		0	RP	4		0.87		
Copper, Cu ... mg	0.058		0	RP	4		0.097		
Manganese, Mn ... mg	0.721		0	RP	4		1.205		
Selenium, Se ... mcg	5.9		0	RP	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
* Thiamin ... mg	0.176		0	RP	4		0.294		
* Riboflavin ... mg	0.209		0	RP	4		0.348		
* Niacin ... mg	2.481		0	RP	4		4.143		
Pantothenic acid ... mg	0.119		0	RP	4		0.198		
* Vitamin B-6 ... mg	0.261		0	RP	4		0.436		
* Folate, total ... mcg	52		0	RP	4		87		
Folic acid ... mcg	45		0	RP	4		76		
Folate, food ... mcg	7		0	RP	4		11		
Folate, DFE ... mcg_DFE	84		0	NC	4		140		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	196		0	RP	4		327		
Retinol ... mcg	196		0	RP	4		327		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	653		0	RP	4		1090		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.11		0	RP	4		0.18		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.6		0	RP	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	1.039		0	RP	4		1.735		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	RP	4		0.000		
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.020		0	RP	4		0.033		
13:0 ... g									
14:0 ... g	0.010		0	RP	4		0.017		
15:0 ... g									
16:0 ... g	0.946		0	RP	4		1.580		
17:0 ... g									
18:0 ... g	0.062		0	RP	4		0.104		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.451		0	RP	4		0.753		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.449		0	RP	4		0.749		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.359		0	RP	4		0.600		
18:2 undifferentiated ... g	0.343		0	RP	4		0.574		
18:3 undifferentiated ... g	0.016		0	RP	4		0.026		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling water

Common Measures:

Measure 1 = 167g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.61		0	RP	4		122.16		
Energy	kcal	120		0	RP	4		208		
Energy	kJ	502		0	RP	4		869		
Protein	g	2.53		0	RP	4		4.37		
Total lipid (fat)	g	1.45		0	RP	4		2.50		
Ash	g	1.17		0	RP	4		2.03		
Carbohydrate, by difference	g	24.24		0	RP	4		41.93		
Fiber, total dietary	g	2.3		0	RP	4		4.0		
Sugars, total	g	10.82		0	RP	4		18.72		
Starch	g									
Minerals:										
* Calcium, Ca	mg	65		0	RP	4		113		
* Iron, Fe	mg	2.30		0	RP	4		3.97		
Magnesium, Mg	mg	26		0	RP	4		45		
Phosphorus, P	mg	90		0	RP	4		156		
Potassium, K	mg	95		0	RP	4		164		
Sodium, Na	mg	186		0	RP	4		322		
Zinc, Zn	mg	0.59		0	RP	4		1.02		
Copper, Cu	mg	0.074		0	RP	4		0.127		
Manganese, Mn	mg	0.799		0	RP	4		1.381		
Selenium, Se	mcg	5.5		0	RP	4		9.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4		0.4		
* Thiamin	mg	0.172		0	RP	4		0.297		
* Riboflavin	mg	0.205		0	RP	4		0.355		
* Niacin	mg	2.421		0	RP	4		4.188		
Pantothenic acid	mg	0.141		0	RP	4		0.244		
* Vitamin B-6	mg	0.254		0	RP	4		0.439		
* Folate, total	mcg	51		0	RP	4		88		
Folic acid	mcg	44		0	RP	4		76		
Folate, food	mcg	7		0	RP	4		12		
Folate, DFE	mcg_DFE	82		0	NC	4		141		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE	mcg_RAE	191		0	RP	4		331		
Retinol	mcg	191		0	RP	4		331		
Carotene, beta	mcg	0		0	RP	4		0		
Carotene, alpha	mcg	0		0	RP	4		0		
Cryptoxanthin, beta	mcg	0		0	RP	4		0		
* Vitamin A, IU	IU	638		0	RP	4		1103		
Lycopene	mcg	0		0	RP	4		0		
Lutein + zeaxanthin	mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	RP	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	RP	4		0		
Vitamin K (phylloquinone)	mcg	1.7		0	RP	4		2.9		
Lipids:										
Fatty acids, total saturated	g	0.247		0	RP	4		0.427		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.003		0	RP	4		0.006		
13:0 ... g									
14:0 ... g	0.003		0	RP	4		0.005		
15:0 ... g									
16:0 ... g	0.216		0	RP	4		0.373		
17:0 ... g									
18:0 ... g	0.025		0	RP	4		0.043		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.485		0	RP	4		0.839		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	RP	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	0.480		0	RP	4		0.831		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.429		0	RP	4		0.742		
18:2 undifferentiated ... g	0.399		0	RP	4		0.690		
18:3 undifferentiated ... g	0.030		0	RP	4		0.052		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Measure 1 = 173g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08430

Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.75		0	RP	4		122.39		
Energy ... kcal	121		0	RP	4		209		
Energy ... kJ	506		0	RP	4		875		
Protein ... g	2.77		0	RP	4		4.79		
Total lipid (fat) ... g	1.58		0	RP	4		2.73		
Ash ... g	1.00		0	RP	4		1.73		
Carbohydrate, by difference ... g	23.90		0	RP	4		41.34		
Fiber, total dietary ... g	2.1		0	RP	4		3.6		
Sugars, total ... g	9.70		0	RP	4		16.78		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	65		0	RP	4		113		
* Iron, Fe ... mg	2.30		0	RP	4		3.97		
Magnesium, Mg ... mg	29		0	RP	4		50		
Phosphorus, P ... mg	99		0	RP	4		171		
Potassium, K ... mg	82		0	RP	4		142		
Sodium, Na ... mg	144		0	RP	4		250		
Zinc, Zn ... mg	0.65		0	RP	4		1.12		
Copper, Cu ... mg	0.070		0	RP	4		0.122		
Manganese, Mn ... mg	0.892		0	RP	4		1.544		
Selenium, Se ... mcg	7.1		0	RP	4		12.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.1		
* Thiamin ... mg	0.172		0	RP	4		0.297		
* Riboflavin ... mg	0.205		0	RP	4		0.355		
* Niacin ... mg	2.424		0	RP	4		4.193		
Pantothenic acid ... mg	0.147		0	RP	4		0.255		
* Vitamin B-6 ... mg	0.254		0	RP	4		0.439		
* Folate, total ... mcg	51		0	RP	4		88		
Folic acid ... mcg	44		0	RP	4		76		
Folate, food ... mcg	7		0	RP	4		12		
Folate, DFE ... mcg_DFE	82		0	NC	4		141		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	192		0	RP	4		331		
Retinol ... mcg	192		0	RP	4		331		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	638		0	RP	4		1103		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	37		0	RP	4		64		
Vitamin E (alpha-tocopherol) ... mg	0.14		0	RP	4		0.24		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.7		0	RP	4		1.2		
Lipids:									
Fatty acids, total saturated ... g	0.267		0	RP	4		0.463		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08430

Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.005		0	RP	4		0.009		
13:0 ... g									
14:0 ... g	0.003		0	RP	4		0.005		
15:0 ... g									
16:0 ... g	0.243		0	RP	4		0.421		
17:0 ... g									
18:0 ... g	0.016		0	RP	4		0.028		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.542		0	RP	4		0.937		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	RP	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	0.539		0	RP	4		0.932		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.470		0	RP	4		0.812		
18:2 undifferentiated ... g	0.449		0	RP	4		0.777		
18:3 undifferentiated ... g	0.020		0	RP	4		0.035		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.69		0	RP	4		122.30		
Energy ... kcal	121		0	RP	4		209		
Energy ... kJ	504		0	RP	4		872		
Protein ... g	2.66		0	RP	4		4.60		
Total lipid (fat) ... g	1.50		0	RP	4		2.59		
Ash ... g	1.04		0	RP	4		1.80		
Carbohydrate, by difference ... g	24.10		0	RP	4		41.70		
Fiber, total dietary ... g	2.0		0	RP	4		3.4		
Sugars, total ... g	10.16		0	RP	4		17.57		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	65		0	RP	4		113		
* Iron, Fe ... mg	2.30		0	RP	4		3.97		
Magnesium, Mg ... mg	28		0	RP	4		48		
Phosphorus, P ... mg	95		0	RP	4		164		
Potassium, K ... mg	78		0	RP	4		135		
Sodium, Na ... mg	170		0	RP	4		294		
Zinc, Zn ... mg	0.62		0	RP	4		1.07		
Copper, Cu ... mg	0.070		0	RP	4		0.122		
Manganese, Mn ... mg	0.858		0	RP	4		1.484		
Selenium, Se ... mcg	6.6		0	RP	4		11.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
* Thiamin ... mg	0.172		0	RP	4		0.297		
* Riboflavin ... mg	0.205		0	RP	4		0.355		
* Niacin ... mg	2.421		0	RP	4		4.188		
Pantothenic acid ... mg	0.141		0	RP	4		0.244		
* Vitamin B-6 ... mg	0.254		0	RP	4		0.439		
* Folate, total ... mcg	51		0	RP	4		88		
Folic acid ... mcg	44		0	RP	4		76		
Folate, food ... mcg	7		0	RP	4		12		
Folate, DFE ... mcg_DFE	82		0	NC	4		141		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	192		0	RP	4		331		
Retinol ... mcg	191		0	RP	4		331		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	638		0	RP	4		1103		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.13		0	RP	4		0.23		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	1.2		0	RP	4		2.0		
Lipids:									
Fatty acids, total saturated ... g	0.259		0	RP	4		0.448		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.004		0	RP	4		0.007		
13:0	g									
14:0	g	0.002		0	RP	4		0.004		
15:0	g									
16:0	g	0.231		0	RP	4		0.400		
17:0	g									
18:0	g	0.021		0	RP	4		0.037		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.520		0	RP	4		0.899		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0	RP	4		0.007		
17:1	g									
18:1 undifferentiated	g	0.516		0	RP	4		0.892		
20:1	g	0.000		0	RP	4		0.000		
22:1 undifferentiated	g	0.000		0	RP	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.451		0	RP	4		0.780		
18:2 undifferentiated	g	0.424		0	RP	4		0.734		
18:3 undifferentiated	g	0.026		0	RP	4		0.046		
18:4	g	0.000		0	RP	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	RP	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RP	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine	g									
Cystine	g									
Phenylalanine	g									
Tyrosine	g									
Valine	g									
Arginine	g									
Histidine	g									
Alanine	g									
Aspartic acid	g									
Glutamic acid	g									
Glycine	g									
Proline	g									
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0		
Caffeine	mg	0		0	RP	4		0		
Theobromine	mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Measure 1 = 173g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08412

Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.88		0	MC	9		2.96		
Energy ... kcal	369		0	MC	9		159		
Energy ... kJ	1543		0	MC	9		664		
Protein ... g	9.05		0	MC	9		3.89		
Total lipid (fat) ... g	4.93		0	MC	9		2.12		
Ash ... g	3.39		0	MC	9		1.46		
Carbohydrate, by difference ... g	75.73		0	MC	9		32.56		
Fiber, total dietary ... g	6.8		0	MC	9		2.9		
Sugars, total ... g	29.59		0	MC	9		12.72		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	256		0	MC	9		110		
* Iron, Fe ... mg	9.20		0	MC	9		3.96		
Magnesium, Mg ... mg	93		0	MC	9		40		
Phosphorus, P ... mg	317		0	MC	9		136		
Potassium, K ... mg	263		0	MC	9		113		
Sodium, Na ... mg	572		0	MC	9		246		
Zinc, Zn ... mg	2.10		0	MC	9		0.90		
Copper, Cu ... mg	0.220		0	MC	9		0.095		
Manganese, Mn ... mg	2.920		0	MC	9		1.256		
Selenium, Se ... mcg	20.9		0	FLM	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	MC	9		0.0		
* Thiamin ... mg	0.760		0	MC	9		0.327		
* Riboflavin ... mg	0.870		0	MC	9		0.374		
* Niacin ... mg	10.230		0	MC	9		4.399		
Pantothenic acid ... mg	0.480		0	MC	9		0.206		
* Vitamin B-6 ... mg	1.020		0	MC	9		0.439		
* Folate, total ... mcg	205		0	MC	9		88		
Folic acid ... mcg	182		0	NC	4		78		
Folate, food ... mcg	23		0	CAZN	4		10		
Folate, DFE ... mcg_DFE	332		0	NC	4		143		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	768		0	NC	4		330		
Retinol ... mcg	767		0	BNA	4		330		
Carotene, beta ... mcg	0		0	BNA	4		0		
Carotene, alpha ... mcg	0		0	BNA	4		0		
Cryptoxanthin, beta ... mcg	0		0	BNA	4		0		
* Vitamin A, IU ... IU	2558		0	MC	9		1100		
Lycopene ... mcg	0		0	BNA	4		0		
Lutein + zeaxanthin ... mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.44		0	NR	4		0.19		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	2.0		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	0.890		0	FLM	4		0.383		
4:0 ... g	0.000		0	FLM	4		0.000		
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.021		0	FLM	4		0.009		

NDB No. 08412

Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.023		0	FLM	4		0.010		
12:0 ... g	0.224		0	FLM	4		0.096		
13:0 ... g									
14:0 ... g	0.100		0	FLM	4		0.043		
15:0 ... g									
16:0 ... g	0.398		0	FLM	4		0.171		
17:0 ... g									
18:0 ... g	0.124		0	FLM	4		0.053		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.770		0	FLM	4		0.761		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.761		0	FLM	4		0.757		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.470		0	FLM	4		0.632		
18:2 undifferentiated ... g	1.406		0	FLM	4		0.605		
18:3 undifferentiated ... g	0.064		0	FLM	4		0.027		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.13		0	RP	4		121.72		
Energy ... kcal	102		0	RP	4		165		
Energy ... kJ	427		0	RP	4		692		
Protein ... g	2.41		0	RP	4		3.90		
Total lipid (fat) ... g	1.31		0	RP	4		2.13		
Ash ... g	0.98		0	RP	4		1.58		
Carbohydrate, by difference ... g	20.16		0	RP	4		32.66		
Fiber, total dietary ... g	1.8		0	RP	4		2.9		
Sugars, total ... g	7.88		0	RP	4		12.76		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	70		0	RP	4		113		
* Iron, Fe ... mg	2.45		0	RP	4		3.97		
Magnesium, Mg ... mg	25		0	RP	4		41		
Phosphorus, P ... mg	84		0	RP	4		137		
Potassium, K ... mg	70		0	RP	4		114		
Sodium, Na ... mg	154		0	RP	4		249		
Zinc, Zn ... mg	0.56		0	RP	4		0.91		
Copper, Cu ... mg	0.064		0	RP	4		0.103		
Manganese, Mn ... mg	0.778		0	RP	4		1.260		
Selenium, Se ... mcg	5.6		0	RP	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
* Thiamin ... mg	0.182		0	RP	4		0.295		
* Riboflavin ... mg	0.220		0	RP	4		0.356		
* Niacin ... mg	2.588		0	RP	4		4.192		
Pantothenic acid ... mg	0.128		0	RP	4		0.207		
* Vitamin B-6 ... mg	0.272		0	RP	4		0.440		
* Folate, total ... mcg	55		0	RP	4		88		
Folic acid ... mcg	48		0	RP	4		78		
Folate, food ... mcg	6		0	RP	4		10		
Folate, DFE ... mcg_DFE	88		0	NC	4		143		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	205		0	RP	4		331		
Retinol ... mcg	204		0	RP	4		331		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	681		0	RP	4		1103		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.12		0	RP	4		0.19		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.5		0	RP	4		0.9		
Lipids:									
Fatty acids, total saturated ... g	0.237		0	RP	4		0.384		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.006		0	RP	4		0.009		

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.006		0	RP	4		0.010		
12:0 ... g	0.060		0	RP	4		0.097		
13:0 ... g									
14:0 ... g	0.027		0	RP	4		0.043		
15:0 ... g									
16:0 ... g	0.106		0	RP	4		0.172		
17:0 ... g									
18:0 ... g	0.033		0	RP	4		0.053		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.471		0	RP	4		0.764		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.469		0	RP	4		0.759		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.391		0	RP	4		0.634		
18:2 undifferentiated ... g	0.374		0	RP	4		0.607		
18:3 undifferentiated ... g	0.017		0	RP	4		0.028		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Measure 1 = 162g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08416

Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.46		0	MC	9		2.78		
Energy	kcal	389		0	MC	9		167		
Energy	kJ	1626		0	MC	9		699		
Protein	g	9.29		0	MC	9		3.99		
Total lipid (fat)	g	8.37		0	MC	9		3.60		
Ash	g	3.28		0	MC	9		1.41		
Carbohydrate, by difference	g	72.58		0	MC	9		31.21		
Fiber, total dietary	g	6.4		0	MC	9		2.8		
Sugars, total	g	29.92		0	MC	9		12.87		
Starch	g									
Minerals:										
* Calcium, Ca	mg	244		0	MC	9		105		
* Iron, Fe	mg	8.80		0	MC	9		3.78		
Magnesium, Mg	mg	95		0	MC	9		41		
Phosphorus, P	mg	311		0	MC	9		134		
Potassium, K	mg	267		0	MC	9		115		
Sodium, Na	mg	547		0	MC	9		235		
Zinc, Zn	mg	2.09		0	MC	9		0.90		
Copper, Cu	mg	0.280		0	MC	9		0.120		
Manganese, Mn	mg	2.850		0	MC	9		1.226		
Selenium, Se	mcg	20.5		0	FLM	4		8.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
* Thiamin	mg	0.730		0	MC	9		0.314		
* Riboflavin	mg	0.830		0	MC	9		0.357		
* Niacin	mg	9.770		0	MC	9		4.201		
Pantothenic acid	mg	0.480		0	MC	9		0.206		
* Vitamin B-6	mg	0.970		0	MC	9		0.417		
* Folate, total	mcg	196		0	MC	9		84		
Folic acid	mcg	173		0	NC	4		74		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	316		0	NC	4		136		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	734		0	NC	4		316		
Retinol	mcg	733		0	BNA	4		315		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2444		0	MC	9		1051		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.66		0	NR	4		0.29		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.150		0	FLM	4		0.495		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08416
Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.015		0	FLM	4		0.006		
13:0 ... g									
14:0 ... g	0.007		0	FLM	4		0.003		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.920		0	FLM	4		0.396		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.207		0	FLM	4		0.089		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.140		0	FLM	4		0.920		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.010		0	FLM	4		0.004		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	2.099		0	FLM	4		0.903		
20:1 ... g	0.031		0	FLM	4		0.013		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.200		0	FLM	4		1.806		
18:2 undifferentiated ... g	3.977		0	FLM	4		1.710		
18:3 undifferentiated ... g	0.223		0	FLM	4		0.096		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.02		0	RP	4		121.53		
Energy	kcal	107		0	RP	4		174		
Energy	kJ	449		0	RP	4		727		
Protein	g	2.47		0	RP	4		4.01		
Total lipid (fat)	g	2.23		0	RP	4		3.61		
Ash	g	0.95		0	RP	4		1.53		
Carbohydrate, by difference	g	19.32		0	RP	4		31.31		
Fiber, total dietary	g	1.7		0	RP	4		2.8		
Sugars, total	g	7.97		0	RP	4		12.91		
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	RP	4		108		
* Iron, Fe	mg	2.35		0	RP	4		3.80		
Magnesium, Mg	mg	26		0	RP	4		42		
Phosphorus, P	mg	83		0	RP	4		134		
Potassium, K	mg	71		0	RP	4		115		
Sodium, Na	mg	147		0	RP	4		238		
Zinc, Zn	mg	0.56		0	RP	4		0.91		
Copper, Cu	mg	0.079		0	RP	4		0.129		
Manganese, Mn	mg	0.759		0	RP	4		1.230		
Selenium, Se	mcg	5.4		0	RP	4		8.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.1		
* Thiamin	mg	0.175		0	RP	4		0.283		
* Riboflavin	mg	0.210		0	RP	4		0.340		
* Niacin	mg	2.471		0	RP	4		4.003		
Pantothenic acid	mg	0.128		0	RP	4		0.207		
* Vitamin B-6	mg	0.258		0	RP	4		0.418		
* Folate, total	mcg	52		0	RP	4		84		
Folic acid	mcg	46		0	RP	4		74		
Folate, food	mcg	6		0	RP	4		10		
Folate, DFE	mcg_DFE	84		0	NC	4		137		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE	mcg_RAE	195		0	RP	4		317		
Retinol	mcg	195		0	RP	4		316		
Carotene, beta	mcg	0		0	RP	4		0		
Carotene, alpha	mcg	0		0	RP	4		0		
Cryptoxanthin, beta	mcg	0		0	RP	4		0		
* Vitamin A, IU	IU	651		0	RP	4		1054		
Lycopene	mcg	0		0	RP	4		0		
Lutein + zeaxanthin	mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)	mg	0.18		0	RP	4		0.29		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.306		0	RP	4		0.496		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.004		0	RP	4		0.006		
13:0 ... g									
14:0 ... g	0.002		0	RP	4		0.003		
15:0 ... g	0.000		0	RP	4		0.000		
16:0 ... g	0.245		0	RP	4		0.397		
17:0 ... g	0.000		0	RP	4		0.000		
18:0 ... g	0.055		0	RP	4		0.089		
20:0 ... g	0.000		0	RP	4		0.000		
22:0 ... g	0.000		0	RP	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.570		0	RP	4		0.923		
14:1 ... g	0.000		0	RP	4		0.000		
15:1 ... g	0.000		0	RP	4		0.000		
16:1 undifferentiated ... g	0.003		0	RP	4		0.004		
17:1 ... g	0.000		0	RP	4		0.000		
18:1 undifferentiated ... g	0.559		0	RP	4		0.905		
20:1 ... g	0.008		0	RP	4		0.013		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.118		0	RP	4		1.812		
18:2 undifferentiated ... g	1.059		0	RP	4		1.716		
18:3 undifferentiated ... g	0.059		0	RP	4		0.096		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g	0.000		0	RP	4		0.000		
20:3 undifferentiated ... g	0.000		0	RP	4		0.000		
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Measure 1 = 162g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08422

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.99		0	MC	9		2.82		
Energy	kcal	360		0	MC	9		169		
Energy	kJ	1508		0	MC	9		709		
Protein	g	10.57		0	MC	9		4.97		
Total lipid (fat)	g	4.18		0	MC	9		1.96		
Ash	g	5.22		0	MC	9		2.45		
Carbohydrate, by difference	g	74.01		0	MC	9		34.78		
Fiber, total dietary	g	6.9		0	MC	9		3.2		
Sugars, total	g	34.00		0	MC	9		15.98		
Starch	g									
Minerals:										
* Calcium, Ca	mg	846		0	MC	9		398		
* Iron, Fe	mg	15.07		0	MC	9		7.08		
Magnesium, Mg	mg	77		0	MC	9		36		
Phosphorus, P	mg	284		0	MC	9		134		
Potassium, K	mg	292		0	MC	9		137		
Sodium, Na	mg	672		0	MC	9		316		
Zinc, Zn	mg	1.83		0	MC	9		0.86		
Copper, Cu	mg	0.260		0	MC	9		0.122		
Manganese, Mn	mg	2.330		0	MC	9		1.095		
Selenium, Se	mcg	20.2		0	FLM	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
* Thiamin	mg	0.710		0	MC	9		0.334		
* Riboflavin	mg	0.810		0	MC	9		0.381		
* Niacin	mg	9.550		0	MC	9		4.489		
Pantothenic acid	mg	0.410		0	MC	9		0.193		
* Vitamin B-6	mg	1.670		0	MC	9		0.785		
Folate, total	mcg	334		0	MC	9		157		
Folic acid	mcg	311		0	NC	4		146		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	552		0	NC	4		260		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.86		0	MC	9		1.34		
Vitamin A, RAE	mcg_RAE	717		0	NC	4		337		
Retinol	mcg	716		0	BNA	4		337		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2388		0	MC	9		1122		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
* Vitamin E (alpha-tocopherol)	mg	11.29		0	MC	9		5.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	8.4		0	MC	9		3.9		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	334		0	MC	9		157		
Vitamin K (phylloquinone)	mcg	2.4		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.698		0	FLM	4		0.328		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08422

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.014		0	FLM	4		0.006		
13:0 ... g									
14:0 ... g	0.009		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.631		0	FLM	4		0.297		
17:0 ... g									
18:0 ... g	0.045		0	FLM	4		0.021		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.410		0	FLM	4		0.663		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.402		0	FLM	4		0.659		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.260		0	FLM	4		0.592		
18:2 undifferentiated ... g	1.202		0	FLM	4		0.565		
18:3 undifferentiated ... g	0.058		0	FLM	4		0.027		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.23		0	RP	4		121.56		
Energy ... kcal	107		0	RP	4		177		
Energy ... kJ	447		0	RP	4		742		
Protein ... g	3.00		0	RP	4		4.98		
Total lipid (fat) ... g	1.19		0	RP	4		1.97		
Ash ... g	1.55		0	RP	4		2.58		
Carbohydrate, by difference ... g	21.02		0	RP	4		34.89		
Fiber, total dietary ... g	1.9		0	RP	4		3.2		
Sugars, total ... g	9.66		0	RP	4		16.03		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	242		0	RP	4		402		
* Iron, Fe ... mg	4.28		0	RP	4		7.11		
Magnesium, Mg ... mg	22		0	RP	4		37		
Phosphorus, P ... mg	81		0	RP	4		134		
Potassium, K ... mg	83		0	RP	4		138		
Sodium, Na ... mg	192		0	RP	4		319		
Zinc, Zn ... mg	0.52		0	RP	4		0.87		
Copper, Cu ... mg	0.079		0	RP	4		0.131		
Manganese, Mn ... mg	0.662		0	RP	4		1.099		
Selenium, Se ... mcg	5.7		0	RP	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	RP	4		0.3		
* Thiamin ... mg	0.181		0	RP	4		0.301		
* Riboflavin ... mg	0.219		0	RP	4		0.363		
* Niacin ... mg	2.576		0	RP	4		4.277		
Pantothenic acid ... mg	0.116		0	RP	4		0.193		
* Vitamin B-6 ... mg	0.474		0	RP	4		0.787		
Folate, total ... mcg	95		0	RP	4		158		
Folic acid ... mcg	88		0	RP	4		147		
Folate, food ... mcg	7		0	RP	4		11		
Folate, DFE ... mcg_DFE	157		0	NC	4		260		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.81		0	RP	4		1.35		
Vitamin A, RAE ... mcg_RAE	204		0	RP	4		338		
Retinol ... mcg	203		0	RP	4		338		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	678		0	RP	4		1126		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
* Vitamin E (alpha-tocopherol) ... mg	3.21		0	MC	9		5.32		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.4		0	RP	4		3.9		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	95		0	RP	4		158		
Vitamin K (phylloquinone) ... mcg	0.7		0	RP	4		1.1		
Lipids:									
Fatty acids, total saturated ... g	0.198		0	RP	4		0.329		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.004		0	RP	4		0.006		
13:0	g									
14:0	g	0.002		0	RP	4		0.004		
15:0	g									
16:0	g	0.179		0	RP	4		0.298		
17:0	g									
18:0	g	0.013		0	RP	4		0.021		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.400		0	RP	4		0.665		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	RP	4		0.004		
17:1	g									
18:1 undifferentiated	g	0.398		0	RP	4		0.661		
20:1	g	0.000		0	RP	4		0.000		
22:1 undifferentiated	g	0.000		0	RP	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.358		0	RP	4		0.594		
18:2 undifferentiated	g	0.341		0	RP	4		0.567		
18:3 undifferentiated	g	0.016		0	RP	4		0.027		
18:4	g	0.000		0	RP	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	RP	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RP	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine	g									
Cystine	g									
Phenylalanine	g									
Tyrosine	g									
Valine	g									
Arginine	g									
Histidine	g									
Alanine	g									
Aspartic acid	g									
Glutamic acid	g									
Glycine	g									
Proline	g									
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0		
Caffeine	mg	0		0	RP	4		0		
Theobromine	mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Measure 1 = 166g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08421

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.52		0	MC	9		3.00		
Energy	kcal	363		0	MC	9		167		
Energy	kJ	1517		0	MC	9		698		
Protein	g	11.60		0	MC	9		5.34		
Total lipid (fat)	g	4.72		0	MC	9		2.17		
Ash	g	5.49		0	MC	9		2.53		
Carbohydrate, by difference	g	71.65		0	MC	9		32.96		
Fiber, total dietary	g	6.1		0	MC	9		2.8		
Sugars, total	g	27.96		0	MC	9		12.86		
Starch	g									
Minerals:										
* Calcium, Ca	mg	847		0	MC	9		390		
* Iron, Fe	mg	15.09		0	MC	9		6.94		
Magnesium, Mg	mg	97		0	MC	9		45		
Phosphorus, P	mg	324		0	MC	9		149		
Potassium, K	mg	314		0	MC	9		144		
Sodium, Na	mg	706		0	MC	9		325		
Zinc, Zn	mg	2.07		0	MC	9		0.95		
Copper, Cu	mg	0.250		0	MC	9		0.115		
Manganese, Mn	mg	2.720		0	MC	9		1.251		
Selenium, Se	mcg	22.7		0	FLM	4		10.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.710		0	MC	9		0.327		
* Riboflavin	mg	0.810		0	MC	9		0.373		
* Niacin	mg	9.560		0	MC	9		4.398		
Pantothenic acid	mg	0.440		0	MC	9		0.202		
* Vitamin B-6	mg	1.670		0	MC	9		0.768		
* Folate, total	mcg	335		0	MC	9		154		
Folic acid	mcg	312		0	NC	4		143		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	553		0	NC	4		255		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.87		0	MC	9		1.32		
Vitamin A, RAE	mcg_RAE	718		0	NC	4		330		
Retinol	mcg	717		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2391		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
* Vitamin E (alpha-tocopherol)	mg	11.30		0	MC	9		5.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	8.4		0	MC	9		3.8		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	335		0	MC	9		154		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.808		0	FLM	4		0.372		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08421

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.016		0	FLM	4		0.007		
13:0 ... g									
14:0 ... g	0.008		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.736		0	FLM	4		0.339		
17:0 ... g									
18:0 ... g	0.048		0	FLM	4		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.630		0	FLM	4		0.750		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.622		0	FLM	4		0.746		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.390		0	FLM	4		0.639		
18:2 undifferentiated ... g	1.328		0	FLM	4		0.611		
18:3 undifferentiated ... g	0.062		0	FLM	4		0.029		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.79		0	RP	4		121.75		
Energy	kcal	105		0	RP	4		173		
Energy	kJ	439		0	RP	4		725		
Protein	g	3.24		0	RP	4		5.35		
Total lipid (fat)	g	1.32		0	RP	4		2.18		
Ash	g	1.61		0	RP	4		2.65		
Carbohydrate, by difference	g	20.04		0	RP	4		33.06		
Fiber, total dietary	g	1.7		0	RP	4		2.8		
Sugars, total	g	7.82		0	RP	4		12.90		
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	RP	4		394		
* Iron, Fe	mg	4.22		0	RP	4		6.97		
Magnesium, Mg	mg	28		0	RP	4		46		
Phosphorus, P	mg	91		0	RP	4		150		
Potassium, K	mg	88		0	RP	4		145		
Sodium, Na	mg	199		0	RP	4		328		
Zinc, Zn	mg	0.58		0	RP	4		0.96		
Copper, Cu	mg	0.075		0	RP	4		0.123		
Manganese, Mn	mg	0.761		0	RP	4		1.255		
Selenium, Se	mcg	6.4		0	RP	4		10.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0		
* Thiamin	mg	0.179		0	RP	4		0.295		
* Riboflavin	mg	0.215		0	RP	4		0.355		
* Niacin	mg	2.540		0	RP	4		4.190		
Pantothenic acid	mg	0.123		0	RP	4		0.203		
* Vitamin B-6	mg	0.467		0	RP	4		0.771		
* Folate, total	mcg	94		0	RP	4		155		
Folic acid	mcg	87		0	RP	4		144		
Folate, food	mcg	6		0	RP	4		11		
Folate, DFE	mcg_DFE	155		0	NC	4		255		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.80		0	RP	4		1.32		
Vitamin A, RAE	mcg_RAE	201		0	RP	4		331		
Retinol	mcg	201		0	RP	4		331		
Carotene, beta	mcg	0		0	RP	4		0		
Carotene, alpha	mcg	0		0	RP	4		0		
Cryptoxanthin, beta	mcg	0		0	RP	4		0		
* Vitamin A, IU	IU	669		0	RP	4		1103		
Lycopene	mcg	0		0	RP	4		0		
Lutein + zeaxanthin	mcg	0		0	RP	4		0		
* Vitamin E (alpha-tocopherol)	mg	3.16		0	MC	9		5.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.3		0	RP	4		3.9		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	94		0	RP	4		154		
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.226		0	RP	4		0.373		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.004		0	RP	4		0.007		
13:0 ... g									
14:0 ... g	0.002		0	RP	4		0.004		
15:0 ... g									
16:0 ... g	0.206		0	RP	4		0.340		
17:0 ... g									
18:0 ... g	0.014		0	RP	4		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.456		0	RP	4		0.752		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.454		0	RP	4		0.748		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.389		0	RP	4		0.641		
18:2 undifferentiated ... g	0.371		0	RP	4		0.613		
18:3 undifferentiated ... g	0.017		0	RP	4		0.029		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Measure 1 = 165g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08420

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.47		0	MC	9		2.91		
Energy	kcal	363		0	MC	9		163		
Energy	kJ	1520		0	MC	9		684		
Protein	g	11.71		0	MC	9		5.27		
Total lipid (fat)	g	4.65		0	MC	9		2.09		
Ash	g	5.12		0	MC	9		2.30		
Carbohydrate, by difference	g	72.03		0	MC	9		32.41		
Fiber, total dietary	g	6.3		0	MC	9		2.8		
Sugars, total	g	29.44		0	MC	9		13.25		
Starch	g									
Minerals:										
* Calcium, Ca	mg	866		0	MC	9		390		
* Iron, Fe	mg	15.43		0	MC	9		6.94		
Magnesium, Mg	mg	89		0	MC	9		40		
Phosphorus, P	mg	321		0	MC	9		144		
Potassium, K	mg	264		0	MC	9		119		
Sodium, Na	mg	638		0	MC	9		287		
Zinc, Zn	mg	2.08		0	MC	9		0.94		
Copper, Cu	mg	0.260		0	MC	9		0.117		
Manganese, Mn	mg	2.700		0	MC	9		1.215		
Selenium, Se	mcg	22.5		0	FLM	4		10.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	0.730		0	MC	9		0.329		
* Riboflavin	mg	0.830		0	MC	9		0.374		
* Niacin	mg	9.780		0	MC	9		4.401		
Pantothenic acid	mg	0.440		0	MC	9		0.198		
* Vitamin B-6	mg	1.710		0	MC	9		0.770		
* Folate, total	mcg	342		0	MC	9		154		
Folic acid	mcg	319		0	NC	4		144		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	566		0	NC	4		255		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.93		0	MC	9		1.32		
Vitamin A, RAE	mcg_RAE	734		0	NC	4		330		
Retinol	mcg	733		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2445		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
* Vitamin E (alpha-tocopherol)	mg	11.55		0	MC	9		5.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	8.6		0	MC	9		3.9		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
* Vitamin D	IU	342		0	MC	9		154		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.799		0	FLM	4		0.360		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08420

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.016		0	FLM	4		0.007		
13:0 g									
14:0 g	0.009		0	FLM	4		0.004		
15:0 g									
16:0 g	0.725		0	FLM	4		0.326		
17:0 g									
18:0 g	0.050		0	FLM	4		0.022		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.630		0	FLM	4		0.734		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0	FLM	4		0.004		
17:1 g									
18:1 undifferentiated g	1.621		0	FLM	4		0.730		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.410		0	FLM	4		0.634		
18:2 undifferentiated g	1.347		0	FLM	4		0.606		
18:3 undifferentiated g	0.063		0	FLM	4		0.028		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08436
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.23		0	MC	9		3.54		
Energy	kcal	360		0	MC	9		155		
Energy	kJ	1507		0	MC	9		648		
Protein	g	7.76		0	MC	9		3.34		
Total lipid (fat)	g	4.27		0	MC	9		1.84		
Ash	g	3.42		0	MC	9		1.47		
Carbohydrate, by difference	g	76.31		0	MC	9		32.81		
Fiber, total dietary	g	6.2		0	MC	9		2.7		
Sugars, total	g	36.31		0	FLM	4		15.61		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	MC	9		110		
* Iron, Fe	mg	9.20		0	MC	9		3.96		
Magnesium, Mg	mg	80		0	MC	9		34		
Phosphorus, P	mg	268		0	MC	9		115		
Potassium, K	mg	361		0	MC	9		155		
Sodium, Na	mg	562		0	MC	9		242		
Zinc, Zn	mg	1.70		0	MC	9		0.73		
Copper, Cu	mg	0.240		0	MC	9		0.103		
Manganese, Mn	mg	2.350		0	MC	9		1.011		
Selenium, Se	mcg	21.7		0	BFZN	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.3		
* Thiamin	mg	0.760		0	MC	9		0.327		
* Riboflavin	mg	0.860		0	MC	9		0.370		
* Niacin	mg	10.220		0	MC	9		4.395		
Pantothenic acid	mg	0.380		0	MC	9		0.163		
* Vitamin B-6	mg	1.020		0	MC	9		0.439		
* Folate, total	mcg	205		0	MC	9		88		
Folic acid	mcg	176		0	NC	4		75		
Folate, food	mcg	29		0	CAAN	4		12		
Folate, DFE	mcg_DFE	327		0	NC	4		141		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	768		0	NC	4		330		
Retinol	mcg	768		0	NC	4		330		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
* Vitamin A, IU	IU	2556		0	MC	9		1099		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	mcg	2.4		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.344		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08436
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.015		0	FLM	4		0.006		
13:0 g									
14:0 g	0.009		0	FLM	4		0.004		
15:0 g	0.000		0	FLM	4		0.000		
16:0 g	0.675		0	FLM	4		0.290		
17:0 g	0.000		0	FLM	4		0.000		
18:0 g	0.045		0	FLM	4		0.019		
20:0 g	0.000		0	FLM	4		0.000		
22:0 g	0.000		0	FLM	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.490		0	MC	9		0.641		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g	0.000		0	FLM	4		0.000		
16:1 undifferentiated g	0.009		0	FLM	4		0.004		
17:1 g	0.000		0	FLM	4		0.000		
18:1 undifferentiated g	1.481		0	FLM	4		0.637		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.340		0	MC	9		0.576		
18:2 undifferentiated g	1.282		0	FLM	4		0.551		
18:3 undifferentiated g	0.058		0	FLM	4		0.025		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08437

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.49		0	RP	4		122.30		
Energy	kcal	100		0	RP	4		162		
Energy	kJ	417		0	RP	4		676		
Protein	g	2.07		0	RP	4		3.35		
Total lipid (fat)	g	1.14		0	RP	4		1.84		
Ash	g	0.98		0	RP	4		1.59		
Carbohydrate, by difference	g	20.32		0	RP	4		32.91		
Fiber, total dietary	g	1.6		0	RP	4		2.7		
Sugars, total	g	9.67		0	RP	4		15.66		
Starch	g									
Minerals:										
* Calcium, Ca	mg	70		0	RP	4		113		
* Iron, Fe	mg	2.45		0	RP	4		3.97		
Magnesium, Mg	mg	22		0	RP	4		35		
Phosphorus, P	mg	71		0	RP	4		116		
Potassium, K	mg	96		0	RP	4		156		
Sodium, Na	mg	151		0	RP	4		245		
Zinc, Zn	mg	0.46		0	RP	4		0.74		
Copper, Cu	mg	0.069		0	RP	4		0.112		
Manganese, Mn	mg	0.626		0	RP	4		1.014		
Selenium, Se	mcg	5.8		0	RP	4		9.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4		0.3		
* Thiamin	mg	0.182		0	RP	4		0.295		
* Riboflavin	mg	0.218		0	RP	4		0.352		
* Niacin	mg	2.585		0	RP	4		4.188		
Pantothenic acid	mg	0.101		0	RP	4		0.164		
* Vitamin B-6	mg	0.272		0	RP	4		0.440		
* Folate, total	mcg	54		0	RP	4		88		
Folic acid	mcg	47		0	RP	4		76		
Folate, food	mcg	8		0	RP	4		13		
Folate, DFE	mcg_DFE	87		0	NC	4		141		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE	mcg_RAE	204		0	RP	4		331		
Retinol	mcg	204		0	RP	4		331		
Carotene, beta	mcg	0		0	RP	4		0		
Carotene, alpha	mcg	0		0	RP	4		0		
Cryptoxanthin, beta	mcg	0		0	RP	4		0		
* Vitamin A, IU	IU	681		0	RP	4		1102		
Lycopene	mcg	0		0	RP	4		0		
Lutein + zeaxanthin	mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	RP	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	RP	4		0		
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.198		0	RP	4		0.321		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		

NDB No. 08437

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.004		0	RP	4		0.006		
13:0 ... g									
14:0 ... g	0.002		0	RP	4		0.004		
15:0 ... g	0.000		0	RP	4		0.000		
16:0 ... g	0.180		0	RP	4		0.291		
17:0 ... g	0.000		0	RP	4		0.000		
18:0 ... g	0.012		0	RP	4		0.019		
20:0 ... g	0.000		0	RP	4		0.000		
22:0 ... g	0.000		0	RP	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.397		0	RP	4		0.643		
14:1 ... g	0.000		0	RP	4		0.000		
15:1 ... g	0.000		0	RP	4		0.000		
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g	0.000		0	RP	4		0.000		
18:1 undifferentiated ... g	0.394		0	RP	4		0.639		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.357		0	RP	4		0.578		
18:2 undifferentiated ... g	0.341		0	RP	4		0.553		
18:3 undifferentiated ... g	0.015		0	RP	4		0.025		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g	0.000		0	RP	4		0.000		
20:3 undifferentiated ... g	0.000		0	RP	4		0.000		
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 162g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08415

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.06		0	MC	9		3.32		
Energy	kcal	369		0	MC	9		173		
Energy	kJ	1543		0	MC	9		725		
Protein	g	7.72		0	MC	9		3.63		
Total lipid (fat)	g	4.76		0	MC	9		2.24		
Ash	g	3.51		0	MC	9		1.65		
Carbohydrate, by difference	g	76.93		0	MC	9		36.16		
Fiber, total dietary	g	5.7		0	MC	9		2.7		
Sugars, total	g	36.17		0	MC	9		17.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	223		0	MC	9		105		
* Iron, Fe	mg	8.04		0	MC	9		3.78		
Magnesium, Mg	mg	90		0	MC	9		42		
Phosphorus, P	mg	266		0	MC	9		125		
Potassium, K	mg	223		0	MC	9		105		
Sodium, Na	mg	541		0	MC	9		254		
Zinc, Zn	mg	1.78		0	MC	9		0.84		
Copper, Cu	mg	0.180		0	MC	9		0.085		
Manganese, Mn	mg	2.460		0	MC	9		1.156		
Selenium, Se	mcg	19.2		0	FLM	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	0.670		0	MC	9		0.315		
* Riboflavin	mg	0.800		0	MC	9		0.376		
* Niacin	mg	9.420		0	MC	9		4.427		
Pantothenic acid	mg	0.410		0	MC	9		0.193		
* Vitamin B-6	mg	0.940		0	MC	9		0.442		
* Folate, total	mcg	189		0	MC	9		89		
Folic acid	mcg	166		0	NC	4		78		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	305		0	NC	4		143		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	708		0	NC	4		333		
Retinol	mcg	707		0	BNA	4		332		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2357		0	MC	9		1108		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	4.0		0	FLM	4		1.9		
Lipids:										
Fatty acids, total saturated	g	1.151		0	FLM	4		0.541		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08415
Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.018		0	FLM	4		0.008		
13:0 ... g									
14:0 ... g	0.012		0	FLM	4		0.006		
15:0 ... g									
16:0 ... g	1.018		0	FLM	4		0.478		
17:0 ... g									
18:0 ... g	0.104		0	FLM	4		0.049		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.570		0	FLM	4		0.738		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLM	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	1.557		0	FLM	4		0.732		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.240		0	FLM	4		0.583		
18:2 undifferentiated ... g	1.162		0	FLM	4		0.546		
18:3 undifferentiated ... g	0.078		0	FLM	4		0.037		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.53		0	RP	4		122.07		
Energy ... kcal	108		0	RP	4		180		
Energy ... kJ	453		0	RP	4		752		
Protein ... g	2.19		0	RP	4		3.64		
Total lipid (fat) ... g	1.35		0	RP	4		2.24		
Ash ... g	1.07		0	RP	4		1.77		
Carbohydrate, by difference ... g	21.85		0	RP	4		36.27		
Fiber, total dietary ... g	1.6		0	RP	4		2.7		
Sugars, total ... g	10.27		0	RP	4		17.05		
Starch ... g									
Minerals:									
* Calcium, Ca ... mg	65		0	RP	4		108		
* Iron, Fe ... mg	2.29		0	RP	4		3.80		
Magnesium, Mg ... mg	26		0	RP	4		43		
Phosphorus, P ... mg	76		0	RP	4		125		
Potassium, K ... mg	63		0	RP	4		105		
Sodium, Na ... mg	155		0	RP	4		257		
Zinc, Zn ... mg	0.51		0	RP	4		0.84		
Copper, Cu ... mg	0.056		0	RP	4		0.093		
Manganese, Mn ... mg	0.699		0	RP	4		1.160		
Selenium, Se ... mcg	5.4		0	RP	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
* Thiamin ... mg	0.171		0	RP	4		0.284		
* Riboflavin ... mg	0.216		0	RP	4		0.358		
* Niacin ... mg	2.541		0	RP	4		4.219		
Pantothenic acid ... mg	0.116		0	RP	4		0.193		
* Vitamin B-6 ... mg	0.267		0	RP	4		0.443		
* Folate, total ... mcg	54		0	RP	4		89		
Folic acid ... mcg	47		0	RP	4		78		
Folate, food ... mcg	7		0	RP	4		11		
Folate, DFE ... mcg_DFE	86		0	NC	4		144		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	201		0	RP	4		334		
Retinol ... mcg	201		0	RP	4		333		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
* Vitamin A, IU ... IU	669		0	RP	4		1111		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.11		0	RP	4		0.18		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.1		0	RP	4		1.9		
Lipids:									
Fatty acids, total saturated ... g	0.327		0	RP	4		0.543		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000		
12:0 ... g	0.005		0	RP	4		0.008		
13:0 ... g									
14:0 ... g	0.003		0	RP	4		0.006		
15:0 ... g									
16:0 ... g	0.289		0	RP	4		0.480		
17:0 ... g									
18:0 ... g	0.029		0	RP	4		0.049		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.446		0	RP	4		0.740		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	RP	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	0.442		0	RP	4		0.734		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.352		0	RP	4		0.585		
18:2 undifferentiated ... g	0.330		0	RP	4		0.548		
18:3 undifferentiated ... g	0.022		0	RP	4		0.037		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Measure 1 = 166g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08124

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30		0	MC	9		2.21		
Energy	kcal	365		0	MC	9		128		
Energy	kJ	1526		0	MC	9		534		
Protein	g	8.00		0	MC	9		2.80		
Total lipid (fat)	g	4.39		0	MC	9		1.54		
Ash	g	3.36		0	MC	9		1.18		
Carbohydrate, by difference	g	77.92		0	MC	9		27.27		
Fiber, total dietary	g	7.9		0	MC	9		2.8		
Sugars, total	g	35.53		0	MC	9		12.44		
Starch	g									
Minerals:										
* Calcium, Ca	mg	314		0	MC	9		110		
* Iron, Fe	mg	11.31		0	MC	9		3.96		
Magnesium, Mg	mg	81		0	MC	9		28		
Phosphorus, P	mg	278		0	MC	9		97		
Potassium, K	mg	318		0	MC	9		111		
Sodium, Na	mg	480		0	MC	9		168		
Zinc, Zn	mg	1.86		0	MC	9		0.65		
Copper, Cu	mg	0.220		0	MC	9		0.077		
Manganese, Mn	mg	2.510		0	MC	9		0.879		
Selenium, Se	mcg	22.5		0	FLM	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	MC	9		0.4		
* Thiamin	mg	0.940		0	MC	9		0.329		
* Riboflavin	mg	1.070		0	MC	9		0.375		
* Niacin	mg	12.600		0	MC	9		4.410		
Pantothenic acid	mg	0.460		0	MC	9		0.161		
* Vitamin B-6	mg	1.260		0	MC	9		0.441		
* Folate, total	mcg	252		0	MC	9		88		
Folic acid	mcg	229		0	NC	4		80		
Folate, food	mcg	23		0	CAZN	4		8		
Folate, DFE	mcg_DFE	412		0	NC	4		144		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	946		0	NC	4		331		
Retinol	mcg	945		0	BNA	4		331		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	3150		0	MC	9		1103		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.2		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.734		0	FLM	4		0.257		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08124
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.014		0	FLM	4		0.005		
13:0 ... g									
14:0 ... g	0.008		0	FLM	4		0.003		
15:0 ... g									
16:0 ... g	0.667		0	FLM	4		0.233		
17:0 ... g									
18:0 ... g	0.044		0	FLM	4		0.015		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.510		0	FLM	4		0.529		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	1.502		0	FLM	4		0.526		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.260		0	FLM	4		0.441		
18:2 undifferentiated ... g	1.205		0	FLM	4		0.422		
18:3 undifferentiated ... g	0.055		0	FLM	4		0.019		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08125

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.56		0	RP	4		117.05		
Energy ... kcal	87		0	RP	4		130		
Energy ... kJ	366		0	RP	4		545		
Protein ... g	1.82		0	RP	4		2.72		
Total lipid (fat) ... g	1.00		0	RP	4		1.49		
Ash ... g	0.84		0	RP	4		1.26		
Carbohydrate, by difference ... g	17.77		0	RP	4		26.47		
Fiber, total dietary ... g	1.8		0	RP	4		2.7		
Sugars, total ... g	8.10		0	RP	4		12.07		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	74		0	RP	4		110		
Iron, Fe ... mg	2.58		0	RP	4		3.85		
Magnesium, Mg ... mg	19		0	RP	4		28		
Phosphorus, P ... mg	63		0	RP	4		94		
Potassium, K ... mg	73		0	RP	4		108		
Sodium, Na ... mg	111		0	RP	4		165		
Zinc, Zn ... mg	0.43		0	RP	4		0.64		
Copper, Cu ... mg	0.055		0	RP	4		0.082		
Manganese, Mn ... mg	0.573		0	RP	4		0.853		
Selenium, Se ... mcg	5.1		0	RP	4		7.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	RP	4		0.4		
Thiamin ... mg	0.193		0	RP	4		0.287		
Riboflavin ... mg	0.232		0	RP	4		0.345		
Niacin ... mg	2.729		0	RP	4		4.067		
Pantothenic acid ... mg	0.105		0	RP	4		0.156		
Vitamin B-6 ... mg	0.287		0	RP	4		0.428		
Folate, total ... mcg	57		0	RP	4		86		
Folic acid ... mcg	52		0	RP	4		78		
Folate, food ... mcg	5		0	RP	4		8		
Folate, DFE ... mcg_DFE	94		0	NC	4		140		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	216		0	RP	4		321		
Retinol ... mcg	215		0	RP	4		321		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
Vitamin A, IU ... IU	718		0	RP	4		1070		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.09		0	RP	4		0.13		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.5		0	RP	4		0.7		
Lipids:									
Fatty acids, total saturated ... g	0.167		0	RP	4		0.249		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08125

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
8:0	g	0.000		0	RP	4		0.000		
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.003		0	RP	4		0.005		
13:0	g									
14:0	g	0.002		0	RP	4		0.003		
15:0	g									
16:0	g	0.152		0	RP	4		0.227		
17:0	g									
18:0	g	0.010		0	RP	4		0.015		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.344		0	RP	4		0.513		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	RP	4		0.003		
17:1	g									
18:1 undifferentiated	g	0.342		0	RP	4		0.510		
20:1	g	0.000		0	RP	4		0.000		
22:1 undifferentiated	g	0.000		0	RP	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.287		0	RP	4		0.428		
18:2 undifferentiated	g	0.275		0	RP	4		0.409		
18:3 undifferentiated	g	0.013		0	RP	4		0.019		
18:4	g	0.000		0	RP	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	RP	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RP	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine	g									
Cystine	g									
Phenylalanine	g									
Tyrosine	g									
Valine	g									
Arginine	g									
Histidine	g									
Alanine	g									
Aspartic acid	g									
Glutamic acid	g									
Glycine	g									
Proline	g									
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0		
Caffeine	mg	0		0	RP	4		0		
Theobromine	mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08125

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water

Common Measures:

Measure 1 = 149g: 1 packet, prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.39		0	MC	9		2.24		
Energy	kcal	386		0	MC	9		135		
Energy	kJ	1615		0	MC	9		565		
Protein	g	7.99		0	MC	9		2.80		
Total lipid (fat)	g	7.52		0	MC	9		2.63		
Ash	g	3.37		0	MC	9		1.18		
Carbohydrate, by difference	g	74.72		0	MC	9		26.15		
Fiber, total dietary	g	5.8		0	MC	9		2.0		
Sugars, total	g	31.20		0	MC	9		10.92		
Starch	g									
Minerals:										
* Calcium, Ca	mg	314		0	MC	9		110		
* Iron, Fe	mg	11.31		0	MC	9		3.96		
Magnesium, Mg	mg	80		0	MC	9		28		
Phosphorus, P	mg	298		0	MC	9		104		
Potassium, K	mg	283		0	MC	9		99		
Sodium, Na	mg	509		0	MC	9		178		
Zinc, Zn	mg	1.73		0	MC	9		0.60		
Copper, Cu	mg	0.187		0	MC	9		0.065		
Manganese, Mn	mg	2.383		0	MC	9		0.834		
Selenium, Se	mcg	16.0		0	FLM	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
* Thiamin	mg	0.940		0	MC	9		0.329		
* Riboflavin	mg	1.060		0	MC	9		0.371		
* Niacin	mg	12.570		0	MC	9		4.400		
Pantothenic acid	mg	0.400		0	MC	9		0.140		
* Vitamin B-6	mg	1.250		0	MC	9		0.438		
* Folate, total	mcg	251		0	MC	9		88		
Folic acid	mcg	228		0	NC	4		80		
Folate, food	mcg	23		0	CAZN	4		8		
Folate, DFE	mcg_DFE	411		0	NC	4		144		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.05		0	MC	9		0.02		
Vitamin A, RAE	mcg_RAE	944		0	NC	4		330		
Retinol	mcg	943		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	3142		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	1.588		0	FLM	4		0.556		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.059		0	FLM	4		0.021		

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.064		0	FLM	4		0.022		
12:0 ... g	0.600		0	FLM	4		0.210		
13:0 ... g									
14:0 ... g	0.265		0	FLM	4		0.093		
15:0 ... g									
16:0 ... g	0.311		0	FLM	4		0.109		
17:0 ... g									
18:0 ... g	0.288		0	FLM	4		0.101		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.384		0	FLM	4		0.834		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	2.373		0	FLM	4		0.831		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.280		0	FLM	4		0.448		
18:2 undifferentiated ... g	1.221		0	FLM	4		0.427		
18:3 undifferentiated ... g	0.059		0	FLM	4		0.021		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.93		0	RP	4		160.05		
Energy ... kcal	72		0	RP	4		140		
Energy ... kJ	303		0	RP	4		584		
Protein ... g	1.45		0	RP	4		2.80		
Total lipid (fat) ... g	1.36		0	RP	4		2.63		
Ash ... g	0.69		0	RP	4		1.34		
Carbohydrate, by difference ... g	13.56		0	RP	4		26.17		
Fiber, total dietary ... g	1.1		0	RP	4		2.0		
Sugars, total ... g	5.66		0	RP	4		10.93		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	59		0	RP	4		114		
Iron, Fe ... mg	2.06		0	RP	4		3.97		
Magnesium, Mg ... mg	15		0	RP	4		29		
Phosphorus, P ... mg	54		0	RP	4		104		
Potassium, K ... mg	51		0	RP	4		99		
Sodium, Na ... mg	94		0	RP	4		182		
Zinc, Zn ... mg	0.32		0	RP	4		0.61		
Copper, Cu ... mg	0.039		0	RP	4		0.076		
Manganese, Mn ... mg	0.433		0	RP	4		0.836		
Selenium, Se ... mcg	2.9		0	RP	4		5.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	RP	4		0.1		
Thiamin ... mg	0.154		0	RP	4		0.296		
Riboflavin ... mg	0.183		0	RP	4		0.353		
Niacin ... mg	2.167		0	RP	4		4.183		
Pantothenic acid ... mg	0.073		0	RP	4		0.140		
Vitamin B-6 ... mg	0.227		0	RP	4		0.438		
Folate, total ... mcg	46		0	RP	4		88		
Folic acid ... mcg	41		0	RP	4		80		
Folate, food ... mcg	4		0	RP	4		8		
Folate, DFE ... mcg_DFE	75		0	NC	4		144		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.01		0	RP	4		0.02		
Vitamin A, RAE ... mcg_RAE	171		0	RP	4		331		
Retinol ... mcg	171		0	RP	4		330		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
Vitamin A, IU ... IU	570		0	RP	4		1101		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.08		0	RP	4		0.15		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.4		0	RP	4		0.7		
Lipids:									
Fatty acids, total saturated ... g	0.288		0	RP	4		0.556		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.011		0	RP	4		0.021		

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.012		0	RP	4		0.022		
12:0 ... g	0.109		0	RP	4		0.210		
13:0 ... g									
14:0 ... g	0.048		0	RP	4		0.093		
15:0 ... g									
16:0 ... g	0.057		0	RP	4		0.109		
17:0 ... g									
18:0 ... g	0.052		0	RP	4		0.101		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.433		0	RP	4		0.835		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.431		0	RP	4		0.831		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.232		0	RP	4		0.448		
18:2 undifferentiated ... g	0.222		0	RP	4		0.428		
18:3 undifferentiated ... g	0.011		0	RP	4		0.021		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Measure 1 = 193g: 1 packet prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08229

Cereals, QUAKER, Instant Oatmeal, low sodium, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.09		0	MC	9		2.55		
Energy	kcal	365		0	MC	9		102		
Energy	kJ	1525		0	MC	9		427		
Protein	g	13.00		0	MC	9		3.64		
Total lipid (fat)	g	7.09		0	MC	9		1.99		
Ash	g	3.50		0	MC	9		0.98		
Carbohydrate, by difference	g	67.29		0	MC	9		18.84		
Fiber, total dietary	g	9.8		0	MC	9		2.7		
Sugars, total	g	1.09		0	MC	9		0.31		
Starch	g									
Minerals:										
* Calcium, Ca	mg	393		0	MC	9		110		
* Iron, Fe	mg	29.40		0	MC	9		8.23		
Magnesium, Mg	mg	134		0	MC	9		38		
Phosphorus, P	mg	452		0	MC	9		127		
Potassium, K	mg	375		0	MC	9		105		
Sodium, Na	mg	278		0	MC	9		78		
Zinc, Zn	mg	3.01		0	MC	9		0.84		
Copper, Cu	mg	0.300		0	MC	9		0.084		
Manganese, Mn	mg	4.190		0	MC	9		1.173		
Selenium, Se	mcg	33.2		0	FLM	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.170		0	MC	9		0.328		
* Riboflavin	mg	1.330		0	MC	9		0.372		
* Niacin	mg	15.720		0	MC	9		4.402		
Pantothenic acid	mg	0.690		0	MC	9		0.193		
* Vitamin B-6	mg	1.570		0	MC	9		0.440		
* Folate, total	mcg	315		0	MC	9		88		
Folic acid	mcg	281		0	NC	4		79		
Folate, food	mcg	34		0	CAZN	4		10		
Folate, DFE	mcg_DFE	511		0	NC	4		143		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	1180		0	NC	4		330		
Retinol	mcg	1179		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	3929		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.64		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.2		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.253		0	FLM	4		0.351		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08229
Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.024		0	FLM	4		0.007		
13:0 ... g									
14:0 ... g	0.012		0	FLM	4		0.003		
15:0 ... g									
16:0 ... g	1.143		0	FLM	4		0.320		
17:0 ... g									
18:0 ... g	0.073		0	FLM	4		0.020		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.570		0	FLM	4		0.720		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	2.557		0	FLM	4		0.716		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.830		0	FLM	4		0.792		
18:2 undifferentiated ... g	2.707		0	FLM	4		0.758		
18:3 undifferentiated ... g	0.123		0	FLM	4		0.034		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.87		0	MC	9		2.95		
Energy	kcal	366		0	MC	9		157		
Energy	kJ	1532		0	MC	9		659		
Protein	g	8.93		0	MC	9		3.84		
Total lipid (fat)	g	4.83		0	MC	9		2.08		
Ash	g	4.07		0	MC	9		1.75		
Carbohydrate, by difference	g	75.28		0	MC	9		32.37		
Fiber, total dietary	g	6.6		0	MC	9		2.8		
Sugars, total	g	30.43		0	MC	9		13.08		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	MC	9		110		
* Iron, Fe	mg	9.21		0	MC	9		3.96		
Magnesium, Mg	mg	93		0	MC	9		40		
Phosphorus, P	mg	312		0	MC	9		134		
Potassium, K	mg	258		0	MC	9		111		
Sodium, Na	mg	606		0	MC	9		261		
Zinc, Zn	mg	2.08		0	MC	9		0.89		
Copper, Cu	mg	0.220		0	MC	9		0.095		
Manganese, Mn	mg	2.880		0	MC	9		1.238		
Selenium, Se	mcg	21.7		0	FLM	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.760		0	MC	9		0.327		
* Riboflavin	mg	0.870		0	MC	9		0.374		
* Niacin	mg	10.230		0	MC	9		4.399		
Pantothenic acid	mg	0.470		0	MC	9		0.202		
* Vitamin B-6	mg	1.020		0	MC	9		0.439		
* Folate, total	mcg	205		0	MC	9		88		
Folic acid	mcg	182		0	NC	4		78		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	332		0	NC	4		143		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	768		0	NC	4		330		
Retinol	mcg	767		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2558		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.835		0	FLM	4		0.359		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.016		0	FLM	4		0.007		
13:0 ... g									
14:0 ... g	0.008		0	FLM	4		0.003		
15:0 ... g									
16:0 ... g	0.762		0	FLM	4		0.328		
17:0 ... g									
18:0 ... g	0.049		0	FLM	4		0.021		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.740		0	FLM	4		0.748		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.731		0	FLM	4		0.744		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.440		0	FLM	4		0.619		
18:2 undifferentiated ... g	1.377		0	FLM	4		0.592		
18:3 undifferentiated ... g	0.063		0	FLM	4		0.027		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.13		0	RP	4		116.45		
Energy ... kcal	101		0	RP	4		157		
Energy ... kJ	424		0	RP	4		657		
Protein ... g	2.38		0	RP	4		3.69		
Total lipid (fat) ... g	1.29		0	RP	4		1.99		
Ash ... g	1.16		0	RP	4		1.79		
Carbohydrate, by difference ... g	20.04		0	RP	4		31.07		
Fiber, total dietary ... g	1.8		0	RP	4		2.7		
Sugars, total ... g	8.10		0	RP	4		12.56		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		0	RP	4		108		
Iron, Fe ... mg	2.46		0	RP	4		3.81		
Magnesium, Mg ... mg	25		0	RP	4		39		
Phosphorus, P ... mg	83		0	RP	4		129		
Potassium, K ... mg	69		0	RP	4		107		
Sodium, Na ... mg	163		0	RP	4		253		
Zinc, Zn ... mg	0.56		0	RP	4		0.86		
Copper, Cu ... mg	0.064		0	RP	4		0.098		
Manganese, Mn ... mg	0.767		0	RP	4		1.189		
Selenium, Se ... mcg	5.8		0	RP	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RP	4		0.0		
Thiamin ... mg	0.182		0	RP	4		0.282		
Riboflavin ... mg	0.220		0	RP	4		0.341		
Niacin ... mg	2.588		0	RP	4		4.011		
Pantothenic acid ... mg	0.125		0	RP	4		0.194		
Vitamin B-6 ... mg	0.272		0	RP	4		0.421		
Folate, total ... mcg	55		0	RP	4		84		
Folic acid ... mcg	48		0	RP	4		75		
Folate, food ... mcg	6		0	RP	4		9		
Folate, DFE ... mcg_DFE	89		0	NC	4		137		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	RP	4		0.00		
Vitamin A, RAE ... mcg_RAE	205		0	RP	4		317		
Retinol ... mcg	204		0	RP	4		317		
Carotene, beta ... mcg	0		0	RP	4		0		
Carotene, alpha ... mcg	0		0	RP	4		0		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0		
Vitamin A, IU ... IU	681		0	RP	4		1056		
Lycopene ... mcg	0		0	RP	4		0		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.12		0	RP	4		0.18		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	RP	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	RP	4		0		
Vitamin K (phylloquinone) ... mcg	0.5		0	RP	4		0.8		
Lipids:									
Fatty acids, total saturated ... g	0.222		0	RP	4		0.345		
4:0 ... g	0.000		0	RP	4		0.000		
6:0 ... g	0.000		0	RP	4		0.000		
8:0 ... g	0.000		0	RP	4		0.000		

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.004		0	RP	4		0.007		
13:0	g									
14:0	g	0.002		0	RP	4		0.003		
15:0	g									
16:0	g	0.203		0	RP	4		0.315		
17:0	g									
18:0	g	0.013		0	RP	4		0.020		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.463		0	RP	4		0.718		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	RP	4		0.004		
17:1	g									
18:1 undifferentiated	g	0.461		0	RP	4		0.714		
20:1	g	0.000		0	RP	4		0.000		
22:1 undifferentiated	g	0.000		0	RP	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.383		0	RP	4		0.594		
18:2 undifferentiated	g	0.367		0	RP	4		0.568		
18:3 undifferentiated	g	0.017		0	RP	4		0.026		
18:4	g	0.000		0	RP	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	RP	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	RP	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RP	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine	g									
Cystine	g									
Phenylalanine	g									
Tyrosine	g									
Valine	g									
Arginine	g									
Histidine	g									
Alanine	g									
Aspartic acid	g									
Glutamic acid	g									
Glycine	g									
Proline	g									
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0		
Caffeine	mg	0		0	RP	4		0		
Theobromine	mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Measure 1 = 155g: 1 packet, prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08228

Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.12		0	MC	9		3.00		
Energy	kcal	365		0	MC	9		135		
Energy	kJ	1527				9		565		
Protein	g	8.87		0	MC	9		3.28		
Total lipid (fat)	g	5.50		0	MC	9		2.04		
Ash	g	3.82		0	MC	9		1.41		
Carbohydrate, by difference	g	73.69		0	MC	9		27.27		
Fiber, total dietary	g	6.6		0	MC	9		2.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	288		0	ML	5		107		
Iron, Fe	mg	10.82		0	ML	5		4.00		
Magnesium, Mg	mg	90		0	MC	9		33		
Phosphorus, P	mg	295		0	MC	9		109		
Potassium, K	mg	350		0	MC	9		130		
Sodium, Na	mg	641		0	MC	9		237		
Zinc, Zn	mg	1.94		0	MC	9		0.72		
Copper, Cu	mg	0.260		0	MC	9		0.096		
Manganese, Mn	mg	2.660		0	MC	9		0.984		
Selenium, Se	mcg	21.2		0	FLM	4		7.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.2		
Thiamin	mg	0.840		0	ML	5		0.311		
Riboflavin	mg	0.960		0	ML	5		0.355		
Niacin	mg	11.350		0	ML	5		4.200		
Pantothenic acid	mg	0.440		0	MC	9		0.163		
Vitamin B-6	mg	1.140		0	ML	5		0.422		
Folate, total	mcg	227		0	ML	5		84		
Folic acid	mcg	202		0	O	4		75		
Folate, food	mcg	25		0	NC	4		9		
Folate, DFE	mcg_DFE	368		0	NC	4		136		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	852		0	NC	4		315		
Retinol	mcg	852		0	NC	4		315		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2838		0	ML	5		1050		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.940		0	MC	9		0.348		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		

NDB No. 08228

Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.014		0	FLC	4		0.005		
13:0 ... g									
14:0 ... g	0.012		0	FLC	4		0.004		
15:0 ... g									
16:0 ... g	0.744		0	FLC	4		0.275		
17:0 ... g									
18:0 ... g	0.065		0	FLC	4		0.024		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.730		0	MC	9		0.640		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		0	FLC	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.635		0	FLC	4		0.605		
20:1 ... g	0.010		0	FLC	4		0.004		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.110		0	MC	9		0.781		
18:2 undifferentiated ... g	1.861		0	FLC	4		0.689		
18:3 undifferentiated ... g	0.177		0	FLC	4		0.065		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.50		0	MC	9		4.60		
Energy....kcal	359		0	MC	9		144		
Energy....kJ	1502		0	MC	9		601		
Protein (N x 6.25)....g	13.70		0	MC	9		5.48		
Total lipid (fat)....g	7.10		0	MC	9		2.84		
Ash....g	1.89		0	MC	9		0.76		
Carbohydrate, by difference....g	65.81		0	MC	9		26.32		
Fiber, total dietary....g	9.5		0	MC	9		3.8		
Sugars, total....g	1.42		0	MC	9		0.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0	MC	9		21		
Iron, Fe....mg	3.81		0	MC	9		1.52		
Magnesium, Mg....mg	136		0	MC	9		54		
Phosphorus, P....mg	460		0	MC	9		184		
Potassium, K....mg	384		0	MC	9		154		
Sodium, Na....mg	3		0	MC	9		1		
Zinc, Zn....mg	3.08		0	MC	9		1.23		
Copper, Cu....mg	0.310		0	MC	9		0.124		
Manganese, Mn....mg	4.300		0	MC	9		1.720		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.560		0	MC	9		0.224		
Riboflavin....mg	0.130		0	MC	9		0.052		
Niacin....mg	0.870		0	MC	9		0.348		
Pantothenic acid....mg	0.710		0	MC	9		0.284		
Vitamin B-6....mg	0.100		0	MC	9		0.040		
Folate, total....mcg	27		0	MC	9		11		
Folic acid....mcg	0		0	NC	4		0		
Folate, food....mcg	27		0	MC	9		11		
Folate, DFE....mcg_DFE	27		0	NC	4		11		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NC	4		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.340		0	MC	9		0.536		
Fatty acids, total monounsaturated....g	2.590		0	MC	9		1.036		
Fatty acids, total polyunsaturated....g	2.140		0	MC	9		0.856		
Fatty acids, total trans....g									

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.90		0	MC	9		3.56		
Energy....kcal	364		0	MC	9		146		
Energy....kJ	1525		0	MC	9		610		
Protein....g	17.03		0	MC	9		6.81		
Total lipid (fat)....g	7.97		0	MC	9		3.19		
Ash....g	3.14		0	MC	9		1.26		
Carbohydrate, by difference....g	62.94		0	MC	9		25.18		
Fiber, total dietary....g	14.3		0	MC	9		5.7		
Sugars, total....g	1.43		0	MC	9		0.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	79		0	MC	9		32		
Iron, Fe....mg	8.07		0	MC	9		3.23		
Magnesium, Mg....mg	241		0	MC	9		96		
Phosphorus, P....mg	694		0	MC	9		278		
Potassium, K....mg	579		0	MC	9		232		
Sodium, Na....mg	5		0	MC	9		2		
Zinc, Zn....mg	4.20		0	MC	9		1.68		
Copper, Cu....mg	0.300		0	MC	9		0.120		
Manganese, Mn....mg	5.700		0	MC	9		2.280		
Selenium, Se....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.970		0	MC	9		0.388		
Riboflavin....mg	0.300		0	MC	9		0.120		
Niacin....mg	0.800		0	MC	9		0.320		
Pantothenic acid....mg	0.850		0	MC	9		0.340		
Vitamin B-6....mg	0.110		0	MC	9		0.044		
Folate, total....mcg	38		0	MC	9		15		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38		0	MC	9		15		
Folate, DFE....mcg_DFE	38		0	NC	4		15		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		0	MC	9		40		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.430		0	MC	9		0.572		
Fatty acids, total monounsaturated....g	2.610		0	MC	9		1.044		
Fatty acids, total polyunsaturated....g	3.030		0	MC	9		1.212		
Fatty acids, total trans....g									

NDB No. 08231
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.07		0	RA	4				
Energy	kcal	43		0	RA	4				
Energy	kJ	180				4				
Protein	g	2.03		0	RA	4				
Total lipid (fat)	g	0.95		0	RA	4				
Ash	g	0.46		0	RA	4				
Carbohydrate, by difference	g	7.49		0	RA	4				
Fiber, total dietary	g	1.7		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RA	4				
Iron, Fe	mg	0.97		0	RA	4				
Magnesium, Mg	mg	30		0	RA	4				
Phosphorus, P	mg	83		0	RA	4				
Potassium, K	mg	69		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.53		0	RA	4				
Copper, Cu	mg	0.041		0	RA	4				
Manganese, Mn	mg	0.679		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.115		0	RA	4				
Riboflavin	mg	0.036		0	RA	4				
Niacin	mg	0.096		0	RA	4				
Pantothenic acid	mg	0.101		0	RA	4				
Vitamin B-6	mg	0.013		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		0	RA	4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	12		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.170		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.003		0	RA	4				
13:0 ... g									
14:0 ... g	0.001		0	RA	4				
15:0 ... g									
16:0 ... g	0.140		0	RA	4				
17:0 ... g									
18:0 ... g	0.009		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.310		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.300		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.360		0	RA	4				
18:2 undifferentiated ... g	0.334		0	RA	4				
18:3 undifferentiated ... g	0.015		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08200

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.07		0	MC	9		4.43		
Energy	kcal	333		0	MC	9		133		
Energy	kJ	1393		0	MC	9		557		
Protein	g	11.30		0	MC	9		4.52		
Total lipid (fat)	g	2.58		0	MC	9		1.03		
Ash	g	1.59		0	MC	9		0.64		
Carbohydrate, by difference	g	73.44		0	MC	9		29.38		
Fiber, total dietary	g	12.0		0	MC	9		4.8		
Sugars, total	g	0.60		0	MC	9		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		14		
Iron, Fe	mg	2.98		0	MC	9		1.19		
Magnesium, Mg	mg	115		0	MC	9		46		
Phosphorus, P	mg	346		0	MC	9		138		
Potassium, K	mg	411		0	MC	9		165		
Sodium, Na	mg	3		0	MC	9		1		
Zinc, Zn	mg	3.20		0	MC	9		1.28		
Copper, Cu	mg	0.440		0	MC	9		0.176		
Manganese, Mn	mg	2.620		0	MC	9		1.048		
Selenium, Se	mcg	44.4		0	RA	4		17.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.290		0	MC	9		0.116		
Riboflavin	mg	0.130		0	MC	9		0.052		
Niacin	mg	3.570		0	MC	9		1.428		
Pantothenic acid	mg	0.500		0	MC	9		0.200		
Vitamin B-6	mg	0.240		0	MC	9		0.096		
Folate, total	mcg	26		0	MC	9		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0	MC	9		10		
Folate, DFE	mcg_DFE	26		0	NC	4		10		
Choline, total	mg	27.0		0	O	4		10.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	RA	4		0		
Retinol	mcg	0		0	RA	4		0		
Carotene, beta	mcg	6		0	RA	4		2		
Carotene, alpha	mcg	0		0	RA	4		0		
Cryptoxanthin, beta	mcg	0		0	RA	4		0		
Vitamin A, IU	IU	10		0	RA	4		4		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	193		0	RA	4		77		
Vitamin E (alpha-tocopherol)	mg	0.75		0	RA	4		0.30		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.3		0	RA	4		1.3		
Lipids:										
Fatty acids, total saturated	g	0.520		0	MC	9		0.208		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08200
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.003		0	FLM	4		0.001		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.005		0	FLM	4		0.002		
13:0....g									
14:0....g	0.005		0	FLM	4		0.002		
15:0....g									
16:0....g	0.359		0	FLM	4		0.144		
17:0....g									
18:0....g	0.019		0	FLM	4		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.570		0	MC	9		0.228		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.551		0	FLM	4		0.220		
20:1....g	0.004		0	FLM	4		0.002		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.280		0	MC	9		0.512		
18:2 undifferentiated....g	0.952		0	FLM	4		0.381		
18:3 undifferentiated....g	0.083		0	FLM	4		0.033		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08249

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.58		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy	kJ	255				4				
Protein	g	2.08		0	RA	4				
Total lipid (fat)	g	0.47		0	RA	4				
Ash	g	0.37		0	RA	4				
Carbohydrate, by difference	g	13.49		0	RA	4				
Fiber, total dietary	g	2.2		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RA	4				
Iron, Fe	mg	0.56		0	RA	4				
Magnesium, Mg	mg	22		0	RA	4				
Phosphorus, P	mg	64		0	RA	4				
Potassium, K	mg	75		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.61		0	RA	4				
Copper, Cu	mg	0.086		0	RA	4				
Manganese, Mn	mg	0.482		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053		0	RA	4				
Riboflavin	mg	0.024		0	RA	4				
Niacin	mg	0.656		0	RA	4				
Pantothenic acid	mg	0.092		0	RA	4				
Vitamin B-6	mg	0.044		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	4		0	BFSN	4				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.096		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.001		0	RA	4				

NDB No. 08249

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.001		0	RA	4				
13:0 ... g									
14:0 ... g	0.001		0	RA	4				
15:0 ... g									
16:0 ... g	0.066		0	RA	4				
17:0 ... g									
18:0 ... g	0.003		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.105		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.101		0	RA	4				
20:1 ... g	0.001		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.235		0	RA	4				
18:2 undifferentiated ... g	0.175		0	RA	4				
18:3 undifferentiated ... g	0.015		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08252

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.44		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy	kJ	255				4				
Protein	g	2.07		0	RA	4				
Total lipid (fat)	g	0.47		0	RA	4				
Ash	g	0.54		0	RA	4				
Carbohydrate, by difference	g	13.47		0	RA	4				
Fiber, total dietary	g	2.2		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RA	4				
Iron, Fe	mg	0.56		0	RA	4				
Magnesium, Mg	mg	22		0	RA	4				
Phosphorus, P	mg	63		0	RA	4				
Potassium, K	mg	75		0	RA	4				
Sodium, Na	mg	70		0	RA	4				
Zinc, Zn	mg	0.61		0	RA	4				
Copper, Cu	mg	0.086		0	RA	4				
Manganese, Mn	mg	0.481		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053		0	RA	4				
Riboflavin	mg	0.024		0	RA	4				
Niacin	mg	0.655		0	RA	4				
Pantothenic acid	mg	0.092		0	RA	4				
Vitamin B-6	mg	0.044		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	4		0	BFSN	4				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.095		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.001		0	RA	4				

NDB No. 08252

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.001		0	RA	4				
13:0 ... g									
14:0 ... g	0.001		0	RA	4				
15:0 ... g									
16:0 ... g	0.066		0	RA	4				
17:0 ... g									
18:0 ... g	0.003		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.105		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.101		0	RA	4				
20:1 ... g	0.001		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.235		0	RA	4				
18:2 undifferentiated ... g	0.175		0	RA	4				
18:3 undifferentiated ... g	0.015		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08402

Cereals, QUAKER, Quick Oats, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.37		0	MC	9		3.75		
Energy	kcal	371		0	MC	9		148		
Energy	kJ	1552		0	MC	9		621		
Protein (N x 6.25)	g	13.70		0	MC	9		5.48		
Total lipid (fat)	g	6.87		0	MC	9		2.75		
Ash	g	1.87		0	MC	9		0.75		
Carbohydrate, by difference	g	68.18		0	MC	9		27.27		
Fiber, total dietary	g	9.4		0	MC	9		3.7		
Sugars, total	g	1.42		0	MC	9		0.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	MC	9		19		
Iron, Fe	mg	4.64		0	MC	9		1.86		
Magnesium, Mg	mg	270		0	MC	9		108		
Phosphorus, P	mg	458		0	MC	9		183		
Potassium, K	mg	358		0	MC	9		143		
Sodium, Na	mg	3		0	MC	9		1		
Zinc, Zn	mg	3.20		0	MC	9		1.28		
Copper, Cu	mg	0.370		0	MC	9		0.148		
Manganese, Mn	mg	4.300		0	MC	9		1.720		
Selenium, Se	mcg	34.0		0	BFZN	4		13.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.540		0	MC	9		0.216		
Riboflavin	mg	0.120		0	MC	9		0.048		
Niacin	mg	0.820		0	MC	9		0.328		
Pantothenic acid	mg	0.710		0	MC	9		0.284		
Vitamin B-6	mg	0.100		0	MC	9		0.040		
Folate, total	mcg	32		0	BFZN	4		13		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	32		0	BFZN	4		13		
Folate, DFE	mcg_DFE	32		0	NC	4		13		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	180		0	BFZN	4		72		
Vitamin E (alpha-tocopherol)	mg	0.70		0	BFZN	4		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.2		0	BFZN	4		1.3		
Lipids:										
Fatty acids, total saturated	g	1.110		0	BFZN	4		0.444		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 08402
Cereals, QUAKER, Quick Oats, Dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.020		0	BFZN	4		0.008		
13:0 ... g									
14:0 ... g	0.010		0	BFZN	4		0.004		
15:0 ... g									
16:0 ... g	0.940		0	BFZN	4		0.376		
17:0 ... g									
18:0 ... g	0.060		0	BFZN	4		0.024		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.980		0	BFZN	4		0.792		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		0	BFZN	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.970		0	BFZN	4		0.788		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.300		0	BFZN	4		0.920		
18:2 undifferentiated ... g	2.200		0	BFZN	4		0.880		
18:3 undifferentiated ... g	0.100		0	BFZN	4		0.040		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08232

Cereals, QUAKER, Scotch Barley, regular and quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.65		0	MC	9				
Energy ... kcal	346		0	MC	9				
Energy ... kJ	1446		0	MC	9				
Protein ... g	10.74		0	MC	9				
Total lipid (fat) ... g	2.24		0	MC	9				
Ash ... g	0.97		0	MC	9				
Carbohydrate, by difference ... g	76.38		0	MC	9				
Fiber, total dietary ... g	10.4		0	MC	9				
Sugars, total ... g	0.66		0	MC	9				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	28		0	MC	9				
Iron, Fe ... mg	1.99		0	MC	9				
Magnesium, Mg ... mg	60		0	MC	9				
Phosphorus, P ... mg	211		0	MC	9				
Potassium, K ... mg	261		0	MC	9				
Sodium, Na ... mg	7		0	MC	9				
Zinc, Zn ... mg	1.46		0	MC	9				
Copper, Cu ... mg	0.380		0	MC	9				
Manganese, Mn ... mg	1.260		0	MC	9				
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9				
Thiamin ... mg	0.250		0	MC	9				
Riboflavin ... mg	0.090		0	MC	9				
Niacin ... mg	4.520		0	MC	9				
Pantothenic acid ... mg	0.280		0	MC	9				
Vitamin B-6 ... mg	0.260		0	MC	9				
Folate, total ... mcg	23		0	MC	9				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	23		0	MC	9				
Folate, DFE ... mcg_DFE	23		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	MC	9				
Vitamin A, RAE ... mcg_RAE	1		0	NC	4				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	22		0	MC	9				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.470		0	MC	9				
Fatty acids, total monounsaturated ... g	0.200		0	MC	9				
Fatty acids, total polyunsaturated ... g	1.030		0	MC	9				
Fatty acids, total trans ... g									

NDB No. 08232
Cereals, QUAKER, Scotch Barley, regular and quick, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08221

Cereals, QUAKER, corn grits, instant, butter flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.73		0	MC	9		1.88		
Energy	kcal	366		0	MC	9		102		
Energy	kJ	1531		0	MC	9		429		
Protein	g	8.09		0	MC	9		2.27		
Total lipid (fat)	g	5.51		0	MC	9		1.54		
Ash	g	4.62		0	MC	9		1.29		
Carbohydrate, by difference	g	75.04		0	MC	9		21.01		
Fiber, total dietary	g	4.8		0	MC	9		1.3		
Sugars, total	g	0.87		0	MC	9		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	411		0	MC	9		115		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	84		0	MC	9		24		
Potassium, K	mg	147		0	MC	9		41		
Sodium, Na	mg	1310		0	MC	9		367		
Zinc, Zn	mg	0.39		0	MC	9		0.11		
Copper, Cu	mg	0.070		0	MC	9		0.020		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.590		0	MC	9		0.165		
* Riboflavin	mg	0.660		0	MC	9		0.185		
* Niacin	mg	7.850		0	MC	9		2.198		
Pantothenic acid	mg	0.430		0	MC	9		0.120		
Vitamin B-6	mg	0.130		0	MC	9		0.036		
* Folate, total	mcg	156		0	MC	9		44		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	41		0	NC	4		11		
Retinol	mcg									
Carotene, beta	mcg	666		0	MC	9		186		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	813		0	MC	9		228		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.440		0	MC	9		0.683		
Fatty acids, total monounsaturated	g	0.980		0	MC	9		0.274		
Fatty acids, total polyunsaturated	g	0.510		0	MC	9		0.143		
Fatty acids, total trans	g									

NDB No. 08221

Cereals, QUAKER, corn grits, instant, butter flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08238

Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.49		0	FLM	4				
Energy ... kcal	71		0	FLM	4				
Energy ... kJ	299		0	FLM	4				
Protein ... g	1.51		0	FLM	4				
Total lipid (fat) ... g	1.03		0	FLM	4				
Ash ... g	0.94		0	FLM	4				
Carbohydrate, by difference ... g	14.02		0	FLM	4				
Fiber, total dietary ... g	0.9		0	FLM	4				
Sugars, total ... g	0.16		0	FLM	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	79		0	FLM	4				
Iron, Fe ... mg	5.41		0	FLM	4				
Magnesium, Mg ... mg	6		0	FLM	4				
Phosphorus, P ... mg	16		0	FLM	4				
Potassium, K ... mg	28		0	FLM	4				
Sodium, Na ... mg	247		0	FLM	4				
Zinc, Zn ... mg	0.08		0	FLM	4				
Copper, Cu ... mg	0.019		0	FLM	4				
Manganese, Mn ... mg	0.017		0	FLM	4				
Selenium, Se ... mcg	0.0		0	FLM	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLM	4				
Thiamin ... mg	0.110		0	FLM	4				
Riboflavin ... mg	0.123		0	FLM	4				
Niacin ... mg	1.467		0	FLM	4				
Pantothenic acid ... mg	0.080		0	FLM	4				
Vitamin B-6 ... mg	0.024		0	FLM	4				
Folate, total ... mcg	29		0	FLM	4				
Folic acid ... mcg									
Folate, food ... mcg	29		0	FLM	4				
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	FLM	4				
Vitamin A, RAE ... mcg_RAE	8		0	FLM	4				
Retinol ... mcg									
Carotene, beta ... mcg	124		0	FLM	4				
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	152		0	FLM	4				
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	FLM	4				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	FLM	4				
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.458		0	BFSN	4				
Fatty acids, total monounsaturated ... g	0.184		0	BFSN	4				
Fatty acids, total polyunsaturated ... g	0.096		0	BFSN	4				
Fatty acids, total trans ... g									

NDB No. 08238

Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	FLM	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08094

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	7.60		0	MC	9		2.13		
Energy ... kcal	366		0	MC	9		102		
Energy ... kJ	1529		0	MC	9		428		
Protein ... g	8.37		0	MC	9		2.34		
Total lipid (fat) ... g	5.97		0	MC	9		1.67		
Ash ... g	4.97		0	MC	9		1.39		
Carbohydrate, by difference ... g	73.08		0	MC	9		20.46		
Fiber, total dietary ... g	4.2		0	MC	9		1.2		
Sugars, total ... g	2.13		0	MC	9		0.60		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	46		0	MC	9		13		
* Iron, Fe ... mg	28.93		0	MC	9		8.10		
Magnesium, Mg ... mg	37		0	MC	9		10		
Phosphorus, P ... mg	139		0	MC	9		39		
Potassium, K ... mg	170		0	MC	9		47		
Sodium, Na ... mg	1865		0	MC	9		522		
Zinc, Zn ... mg	0.75		0	MC	9		0.21		
Copper, Cu ... mg	0.110		0	MC	9		0.031		
Manganese, Mn ... mg	0.270		0	MC	9		0.076		
Selenium, Se ... mcg	15.7		0	FLM	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
* Thiamin ... mg	0.580		0	MC	9		0.162		
* Riboflavin ... mg	0.660		0	MC	9		0.185		
* Niacin ... mg	7.830		0	MC	9		2.192		
Pantothenic acid ... mg	0.400		0	MC	9		0.112		
Vitamin B-6 ... mg	0.160		0	MC	9		0.045		
* Folate, total ... mcg	156		0	MC	9		44		
Folic acid ... mcg	142		0	NC	4		40		
Folate, food ... mcg	14		0	NC	4		4		
Folate, DFE ... mcg_DFE	255		0	NC	4		72		
Choline, total ... mg	14.8		0	O	4		4.1		
Betaine ... mg									
Vitamin B-12 ... mcg	0.20		0	MC	9		0.06		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	3		0	NC	4		1		
Retinol ... mcg	3		0	FLM	4		1		
Carotene, beta ... mcg	2		0	FLM	4		1		
Carotene, alpha ... mcg	0		0	FLM	4		0		
Cryptoxanthin, beta ... mcg	1		0	FLM	4		0		
Vitamin A, IU ... IU	13		0	FLM	4		4		
Lycopene ... mcg	0		0	FLM	4		0		
Lutein + zeaxanthin ... mcg	4		0	FLM	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.40		0	FLM	4		0.11		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... mcg	1.2		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated ... g	1.760		0	MC	9		0.493		
4:0 ... g	0.033		0	FLM	4		0.009		

NDB No. 08094

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.017		0	FLM	4		0.005		
8:0 ... g	0.009		0	FLM	4		0.002		
10:0 ... g	0.022		0	FLM	4		0.006		
12:0 ... g	0.018		0	FLM	4		0.005		
13:0 ... g									
14:0 ... g	0.112		0	FLM	4		0.031		
15:0 ... g									
16:0 ... g	1.045		0	FLM	4		0.292		
17:0 ... g									
18:0 ... g	0.437		0	FLM	4		0.122		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.570		0	MC	9		0.440		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.029		0	FLM	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	1.520		0	FLM	4		0.426		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.870		0	MC	9		0.244		
18:2 undifferentiated ... g	0.720		0	FLM	4		0.202		
18:3 undifferentiated ... g	0.048		0	FLM	4		0.014		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.26		0	FLA	4		23.03	116.81	
Energy ... kcal	72		0	FLA	4		20	103	
Energy ... kJ	302		0	FLA	4		85	430	
Protein ... g	1.60		0	FLA	4		0.45	2.28	
Total lipid (fat) ... g	1.10		0	FLA	4		0.31	1.56	
Ash ... g	1.03		0	FLA	4		0.29	1.46	
Carbohydrate, by difference ... g	14.01		0	FLA	4		3.92	19.89	
Fiber, total dietary ... g	0.8		0	FLA	4		0.2	1.1	
Sugars, total ... g	0.41		0	FLA	4		0.11	0.58	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0	FLA	4		3	15	
Iron, Fe ... mg	5.53		0	FLA	4		1.55	7.86	
Magnesium, Mg ... mg	8		0	FLA	4		2	11	
Phosphorus, P ... mg	27		0	FLA	4		7	38	
Potassium, K ... mg	33		0	FLA	4		9	46	
Sodium, Na ... mg	358		0	FLA	4		100	509	
Zinc, Zn ... mg	0.15		0	FLA	4		0.04	0.21	
Copper, Cu ... mg	0.026		0	FLA	4		0.007	0.038	
Manganese, Mn ... mg	0.052		0	FLA	4		0.015	0.074	
Selenium, Se ... mcg	3.1		0	FLA	4		0.9	4.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLA	4		0.0	0.0	
Thiamin ... mg	0.113		0	FLA	4		0.032	0.160	
Riboflavin ... mg	0.126		0	FLA	4		0.035	0.179	
Niacin ... mg	1.500		0	FLA	4		0.420	2.130	
Pantothenic acid ... mg	0.076		0	FLA	4		0.021	0.109	
Vitamin B-6 ... mg	0.031		0	FLA	4		0.009	0.043	
Folate, total ... mcg	30		0	FLA	4		8	42	
Folic acid ... mcg	27		0	FLA	4		8	39	
Folate, food ... mcg	3		0	FLA	4		1	4	
Folate, DFE ... mcg_DFE	49		0	NC	4		14	69	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.04		0	FLA	4		0.01	0.05	
Vitamin A, RAE ... mcg_RAE	1		0	FLA	4		0	1	
Retinol ... mcg	1		0	FLA	4		0	1	
Carotene, beta ... mcg	0		0	FLA	4		0	1	
Carotene, alpha ... mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	
Vitamin A, IU ... IU	3		0	FLA	4		1	4	
Lycopene ... mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin ... mcg	1		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol) ... mg	0.08		0	FLA	4		0.02	0.11	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.2		0	FLA	4		0.1	0.3	
Lipids:									
Fatty acids, total saturated ... g	0.308		0	FLA	4		0.086	0.437	
4:0 ... g	0.011		0	FLA	4		0.003	0.016	
6:0 ... g	0.006		0	FLA	4		0.002	0.008	
8:0 ... g	0.003		0	FLA	4		0.001	0.004	

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.007		0	FLA	4		0.002	0.011	
12:0 ... g	0.006		0	FLA	4		0.002	0.008	
13:0 ... g									
14:0 ... g	0.037		0	FLA	4		0.010	0.052	
15:0 ... g									
16:0 ... g	0.170		0	FLA	4		0.047	0.241	
17:0 ... g									
18:0 ... g	0.068		0	FLA	4		0.019	0.097	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.284		0	FLA	4		0.080	0.404	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.011		0	FLA	4		0.003	0.015	
17:1 ... g									
18:1 undifferentiated ... g	0.273		0	FLA	4		0.077	0.388	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.142		0	FLA	4		0.040	0.201	
18:2 undifferentiated ... g	0.132		0	FLA	4		0.037	0.188	
18:3 undifferentiated ... g	0.009		0	FLA	4		0.003	0.013	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Measure 1 = 28g: 1 packet

Measure 2 = 142g: 1 packet, prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08097

Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.20		0	FLM	4		115.90		
Energy....kcal	69		0	FLM	4		97		
Energy....kJ	289		0	FLM	4		408		
Protein....g	1.92		0	FLM	4		2.70		
Total lipid (fat)....g	0.33		0	FLM	4		0.47		
Ash....g	0.93		0	FLM	4		1.32		
Carbohydrate, by difference....g	14.61		0	FLM	4		20.61		
Fiber, total dietary....g	1.0		0	FLM	4		1.4		
Sugars, total....g	0.07		0	FLM	4		0.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	FLM	4		6		
Iron, Fe....mg	5.53		0	FLM	4		7.80		
Magnesium, Mg....mg	5		0	FLM	4		8		
Phosphorus, P....mg	18		0	FLM	4		25		
Potassium, K....mg	40		0	FLM	4		57		
Sodium, Na....mg	293		0	FLM	4		413		
Zinc, Zn....mg	0.11		0	FLM	4		0.15		
Copper, Cu....mg	0.028		0	FLM	4		0.040		
Manganese, Mn....mg	0.019		0	FLM	4		0.027		
Selenium, Se....mcg	0.0		0	FLM	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0		
Thiamin....mg	0.120		0	FLM	4		0.170		
Riboflavin....mg	0.136		0	FLM	4		0.191		
Niacin....mg	1.602		0	FLM	4		2.259		
Pantothenic acid....mg	0.086		0	FLM	4		0.121		
Vitamin B-6....mg	0.027		0	FLM	4		0.038		
Folate, total....mcg	32		0	FLM	4		45		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	32		0	FLM	4		45		
Folate, DFE....mcg_DFE	32		0	NC	4		45		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0		
Retinol....mcg	0		0	FLM	4		0		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	0		0	FLM	4		0		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.044		0	BFSN	4		0.062		
4:0....g									
6:0....g									
8:0....g									

NDB No. 08097

Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g									
17:0 g									
18:0 g									
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.077		0	BFSN	4		0.108		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g									
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.167		0	BFSN	4		0.236		
18:2 undifferentiated g									
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	FLM	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 packet, prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08092

Cereals, QUAKER, corn grits, instant, plain, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.35	0.258	4	A	1		3.00	0.72	
Energy ... kcal	359		0	NC	4		104	25	
Energy ... kJ	1504		0	NC	4		436	105	
Protein ... g	7.31	0.249	4	A	1		2.12	0.51	
Total lipid (fat) ... g	2.14	0.078	4	A	1		0.62	0.15	
Ash ... g	4.17	0.135	3	A	1		1.21	0.29	
Carbohydrate, by difference ... g	76.02		0	NC	4		22.05	5.32	
Fiber, total dietary ... g	4.2	0.230	4	A	1		1.2	0.3	
Sugars, total ... g	1.51	0.085	4	A	1		0.44	0.11	
Sucrose ... g	1.51	0.085	4	A	1		0.44	0.11	
Glucose (dextrose) ... g	0.00	0.000	4	A	1		0.00	0.00	
Fructose ... g	0.00	0.000	4	A	1		0.00	0.00	
Lactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	4	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Starch ... g	67.10	0.572	4	A	1		19.46	4.70	
Minerals:									
Calcium, Ca ... mg	378	4.787	4	A	1		109	26	
* Iron, Fe ... mg	38.75	2.496	4	A	1		11.24	2.71	
Magnesium, Mg ... mg	42	0.629	4	A	1		12	3	
Phosphorus, P ... mg	118	4.787	4	A	1		34	8	
Potassium, K ... mg	163	2.500	4	A	1		47	11	
Sodium, Na ... mg	1050	28.868	4	A	1		305	74	
Zinc, Zn ... mg	0.66	0.034	4	A	1		0.19	0.05	
Copper, Cu ... mg	0.030	0.000	4	A	1		0.009	0.002	
Manganese, Mn ... mg	0.205	0.019	4	A	1		0.059	0.014	
Selenium, Se ... mcg	17.1		0	BFSN	4		5.0	1.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
* Thiamin ... mg	1.946	0.664	4	A	1		0.564	0.136	
* Riboflavin ... mg	0.697	0.007	4	A	1		0.202	0.049	
* Niacin ... mg	9.002	0.259	4	A	1		2.611	0.630	
Pantothenic acid ... mg	0.242	0.005	4	A	1		0.070	0.017	
Vitamin B-6 ... mg	0.219	0.011	4	A	1		0.064	0.015	
* Folate, total ... mcg	176	6.019	4	A	1		51	12	
* Folic acid ... mcg	134	10.750	4	A	1		39	9	
Folate, food ... mcg	42	5.244	4	AS	1		12	3	
Folate, DFE ... mcg_DFE	270		0	NC	4		78	19	
Choline, total ... mg	14.4		0	AS	1		4.2	1.0	
Betaine ... mg	1.1		1	A	1		0.3	0.1	
Vitamin B-12 ... mcg	0.00		0	BFSN	4		0.00	0.00	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	BFSN	4		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	1		0	BFSN	4		0	0	
Carotene, alpha ... mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... mcg	1		0	BFSN	4		0	0	
Vitamin A, IU ... IU	3		0	NC	4		1	0	
Lycopene ... mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin ... mcg	5		0	BFSN	4		1	0	
Vitamin E (alpha-tocopherol) ... mg	0.05	0.008	4	A	1		0.01	0.00	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00	0.004	4	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.24	0.005	4	A	1		0.07	0.02	
Tocopherol, delta ... mg	0.02	0.003	4	A	1		0.01	0.00	
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08092
Cereals, QUAKER, corn grits, instant, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.362		0	NC	4		0.105	0.025	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	0.322	0.013	4	A	1		0.094	0.023	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.040	0.000	4	A	1		0.012	0.003	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.395		0	NC	4		0.115	0.028	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.395	0.021	4	A	1		0.115	0.028	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.967		0	NC	4		0.281	0.068	
18:2 undifferentiated.....g	0.937	0.048	4	A	1		0.272	0.066	
18:3 undifferentiated.....g	0.030	0.000	4	A	1		0.009	0.002	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup

Measure 2 = 7.0g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.22	0.345	8	A	1		177.87		
Energy....kcal	76		0	NC	4		166		
Energy....kJ	318		0	NC	4		696		
Protein....g	1.58	0.058	8	A	1		3.46		
Total lipid (fat)....g	0.49	0.016	8	A	1		1.07		
Ash....g	0.76	0.032	8	A	1		1.66		
Carbohydrate, by difference....g	15.95		0	NC	4		34.94		
Fiber, total dietary....g	1.1	0.081	8	A	1		2.3		
Sugars, total....g	0.10	0.009	7	A	1		0.21		
Sucrose....g	0.10	0.009	7	A	1		0.21		
Glucose (dextrose)....g	0.00	0.000	8	A	1		0.00		
Fructose....g	0.00	0.000	8	A	1		0.00		
Lactose....g	0.00	0.000	8	A	1		0.00		
Maltose....g	0.00	0.000	7	A	1		0.00		
Galactose....g	0.00	0.000	8	A	1		0.00		
Starch....g	15.39	0.419	8	A	1		33.71		
Minerals:									
Calcium, Ca....mg	64	0.875	8	A	1		140		
Iron, Fe....mg	6.71	0.137	8	A	1		14.70		
Magnesium, Mg....mg	9	0.203	8	A	1		19		
Phosphorus, P....mg	25	1.231	7	A	1		56		
Potassium, K....mg	34	0.737	7	A	1		74		
Sodium, Na....mg	188	1.768	8	A	1		411		
Zinc, Zn....mg	0.18	0.011	8	A	1		0.39		
Copper, Cu....mg	0.000	0.000	8	A	1		0.000		
Manganese, Mn....mg	0.049	0.005	8	A	1		0.107		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	8	A	1		0.0		
Thiamin....mg	0.143	0.013	8	A	1		0.313		
Riboflavin....mg	0.135	0.003	8	A	1		0.295		
Niacin....mg	1.672	0.040	8	A	1		3.663		
Pantothenic acid....mg	0.052	0.004	8	A	1		0.113		
Vitamin B-6....mg	0.049	0.006	8	A	1		0.107		
Folate, total....mcg	27	1.803	8	A	1		58		
Folic acid....mcg	15	1.018	8	A	1		34		
Folate, food....mcg	11	0.910	8	AS	1		24		
Folate, DFE....mcg_DFE	37		0	NC	4		82		
Choline, total....mg	2.6		0	AS	1		5.7		
Betaine....mg	0.2		1	A	1		0.4		
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.01	0.000	8	A	1		0.03		
Tocopherol, beta....mg	0.00	0.000	8	A	1		0.00		
Tocopherol, gamma....mg	0.05	0.001	8	A	1		0.10		
Tocopherol, delta....mg	0.01	0.002	8	A	1		0.01		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0		

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.076		0	NC	4		0.167		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	8	A	1		0.000		
10:0....g	0.000	0.000	8	A	1		0.000		
12:0....g	0.000	0.000	8	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	8	A	1		0.000		
15:0....g	0.000	0.000	8	A	1		0.000		
16:0....g	0.067	0.002	8	A	1		0.148		
17:0....g	0.000	0.000	8	A	1		0.000		
18:0....g	0.009	0.003	8	A	1		0.019		
20:0....g	0.000	0.000	8	A	1		0.000		
22:0....g	0.000	0.000	8	A	1		0.000		
24:0....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated....g	0.081		0	NC	4		0.178		
14:1....g	0.000	0.000	8	A	1		0.000		
15:1....g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	8	A	1		0.000		
17:1....g	0.000	0.000	8	A	1		0.000		
18:1 undifferentiated....g	0.081	0.003	8	A	1		0.178		
20:1....g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	8	A	1		0.000		
24:1 c....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.191		0	NC	4		0.419		
18:2 undifferentiated....g	0.191	0.004	8	A	1		0.419		
18:3 undifferentiated....g	0.000	0.000	8	A	1		0.000		
18:4....g	0.000	0.000	8	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	8	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	8	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	8	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0	A	1		0.024		
Threonine....g	0.052		0	A	1		0.114		
Isoleucine....g	0.058		0	A	1		0.127		
Leucine....g	0.228		0	A	1		0.499		
Lysine....g	0.031		0	A	1		0.068		
Methionine....g	0.029		0	A	1		0.064		
Cystine....g	0.034		0	A	1		0.075		
Phenylalanine....g	0.087		0	A	1		0.190		
Tyrosine....g	0.054		0	A	1		0.118		
Valine....g	0.077		0	A	1		0.169		
Arginine....g	0.060		0	A	1		0.131		
Histidine....g	0.048		0	A	1		0.105		
Alanine....g	0.131		0	A	1		0.288		
Aspartic acid....g	0.097		0	A	1		0.213		
Glutamic acid....g	0.337		0	A	1		0.738		
Glycine....g	0.052		0	A	1		0.113		
Proline....g	0.179		0	A	1		0.391		
Serine....g	0.070		0	A	1		0.153		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt

Common Measures:

Measure 1 = 219g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08096

Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.30		0	MC	9		2.04		
Energy	kcal	349		0	MC	9		98		
Energy	kJ	1460				9		409		
Protein	g	9.85		0	MC	9		2.76		
Total lipid (fat)	g	1.65		0	MC	9		0.46		
Ash	g	3.84		0	MC	9		1.08		
Carbohydrate, by difference	g	77.35		0	MC	9		21.66		
Fiber, total dietary	g	5.3		0	MC	9		1.5		
Sugars, total	g	0.27		0	MC	9		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	MC	9		11		
Iron, Fe	mg	28.93		0	ML	5		8.10		
Magnesium, Mg	mg	34		0	MC	9		10		
Phosphorus, P	mg	141		0	MC	9		39		
Potassium, K	mg	252		0	MC	9		71		
Sodium, Na	mg	1219		0	MC	9		341		
Zinc, Zn	mg	0.92		0	MC	9		0.26		
Copper, Cu	mg	0.070		0	MC	9		0.020		
Manganese, Mn	mg	0.100		0	MC	9		0.028		
Selenium, Se	mcg	16.0		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.630		0	ML	5		0.176		
Riboflavin	mg	0.710		0	ML	5		0.199		
Niacin	mg	8.380		0	ML	5		2.346		
Pantothenic acid	mg	0.410		0	MC	9		0.115		
Vitamin B-6	mg	0.230		0	MC	9		0.064		
Folate, total	mcg	167		0	MC	9		47		
Folic acid	mcg	161		0	NC	4		45		
Folate, food	mcg	6		0		9		2		
Folate, DFE	mcg_DFE	280		0	NC	4		78		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.240		0	MC	9		0.067		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		

NDB No. 08096

Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.128		0	FLC	4		0.036		
17:0 ... g									
18:0 ... g	0.020		0	FLC	4		0.006		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.420		0	FLC	4		0.118		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.290		0	FLC	4		0.081		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640		0	FLC	4		0.179		
18:2 undifferentiated ... g	0.398		0	FLC	4		0.111		
18:3 undifferentiated ... g	0.008		0	FLC	4		0.002		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08230

Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.66		0	MC	9		5.13		
Energy	kcal	349		0	MC	9		154		
Energy	kJ	1460				9		642		
Protein	g	10.82		0	MC	9		4.76		
Total lipid (fat)	g	0.95		0	MC	9		0.42		
Ash	g	0.42		0	MC	9		0.18		
Carbohydrate, by difference	g	76.13		0	MC	9		33.50		
Fiber, total dietary	g	2.9		0	MC	9		1.3		
Sugars, total	g	0.30		0	MC	9		0.13		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		5		
Iron, Fe	mg	30.00		0	ML	5		13.20		
Magnesium, Mg	mg	17		0	MC	9		7		
Phosphorus, P	mg	85		0	MC	9		37		
Potassium, K	mg	98		0	MC	9		43		
Sodium, Na	mg	2		0	MC	9		1		
Zinc, Zn	mg	0.61		0	MC	9		0.27		
Copper, Cu	mg	0.120		0	MC	9		0.053		
Manganese, Mn	mg	0.280		0	MC	9		0.123		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.440		0	ML	5		0.194		
Riboflavin	mg	0.260		0	ML	5		0.114		
Niacin	mg	3.520		0	ML	5		1.549		
Pantothenic acid	mg	0.430		0	MC	9		0.189		
Vitamin B-6	mg	0.050		0	MC	9		0.022		
Folate, total	mcg	154		0	MC	9		68		
Folic acid	mcg	132		0	NC	4		58		
Folate, food	mcg	22		0		9		10		
Folate, DFE	mcg_DFE	246		0	NC	4		108		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.240		0	MC	9		0.106		
Fatty acids, total monounsaturated	g	0.080		0	MC	9		0.035		
Fatty acids, total polyunsaturated	g	0.480		0	MC	9		0.211		
Fatty acids, total trans	g									

NDB No. 08230
Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: .25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08317

Cereals, QUAKER, farina, enriched cinnamon flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.14		0	MC	9				
Energy....kcal	346		0	MC	9				
Energy....kJ	1450		0	MC	9				
Protein....g	12.11		0	MC	9				
Total lipid (fat)....g	0.79		0	MC	9				
Ash....g	0.40		0	MC	9				
Carbohydrate, by difference....g	74.54		0	MC	9				
Fiber, total dietary....g	3.7		0	MC	9				
Sugars, total....g	0.29		0	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0	MC	9				
* Iron, Fe....mg	30.00		0	MC	9				
Magnesium, Mg....mg	14		0	MC	9				
Phosphorus, P....mg	88		0	MC	9				
Potassium, K....mg	104		0	MC	9				
Sodium, Na....mg	3		0	MC	9				
Zinc, Zn....mg	0.55		0	MC	9				
Copper, Cu....mg	0.070		0	MC	9				
Manganese, Mn....mg	0.270		0	MC	9				
Selenium, Se....mcg	0.0		0	MC	9				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	MC	9				
* Thiamin....mg	0.440		0	MC	9				
* Riboflavin....mg	0.260		0	MC	9				
* Niacin....mg	3.520		0	MC	9				
Pantothenic acid....mg	0.360		0	MC	9				
Vitamin B-6....mg	0.050		0	MC	9				
* Folate, total....mcg	154		0	MC	9				
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9				
Vitamin A, RAE....mcg_RAE	0		0	NC	4				
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4		0	MC	9				
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7				
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.280		0	MC	9				
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08317
Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08314

Cereals, QUAKER, hominy grits, white, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.48		0	MC	9		3.88		
Energy....kcal	347		0	MC	9		128		
Energy....kJ	1452		0	MC	9		537		
Protein....g	8.53		0	MC	9		3.16		
Total lipid (fat)....g	1.36		0	MC	9		0.50		
Ash....g	0.44		0	MC	9		0.16		
Carbohydrate, by difference....g	79.16		0	MC	9		29.29		
Fiber, total dietary....g	4.8		0	MC	9		1.8		
Sugars, total....g	1.00		0	MC	9		0.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	MC	9		1		
Iron, Fe....mg	3.52		0	MC	9		1.30		
Magnesium, Mg....mg	49		0	MC	9		18		
Phosphorus, P....mg	166		0	MC	9		61		
Potassium, K....mg	146		0	MC	9		54		
Sodium, Na....mg	2		0	MC	9		1		
Zinc, Zn....mg	0.92		0	MC	9		0.34		
Copper, Cu....mg	0.110		0	MC	9		0.041		
Manganese, Mn....mg	0.220		0	MC	9		0.081		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.580		0	MC	9		0.215		
Riboflavin....mg	0.330		0	MC	9		0.122		
Niacin....mg	4.810		0	MC	9		1.780		
Pantothenic acid....mg	0.310		0	MC	9		0.115		
Vitamin B-6....mg	0.270		0	MC	9		0.100		
Folate, total....mcg	154		0	MC	9		57		
Folic acid....mcg	150		0	NC	4		56		
Folate, food....mcg	4		0	CAZN	4		1		
Folate, DFE....mcg_DFE	259		0	NC	4		96		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.260		0	MC	9		0.096		
Fatty acids, total monounsaturated....g	0.200		0	MC	9		0.074		
Fatty acids, total polyunsaturated....g	0.680		0	MC	9		0.252		
Fatty acids, total trans....g									

NDB No. 08314
Cereals, QUAKER, hominy grits, white, quick, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.48		0	MC	9		4.30		
Energy....kcal	347		0	MC	9		142		
Energy....kJ	1451		0	MC	9		595		
Protein....g	8.53		0	MC	9		3.50		
Total lipid (fat)....g	1.36		0	MC	9		0.56		
Ash....g	0.44		0	MC	9		0.18		
Carbohydrate, by difference....g	79.16		0	MC	9		32.46		
Fiber, total dietary....g	4.8		0	MC	9		2.0		
Sugars, total....g	1.00		0	MC	9		0.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	MC	9		2		
* Iron, Fe....mg	3.52		0	MC	9		1.44		
Magnesium, Mg....mg	49		0	MC	9		20		
Phosphorus, P....mg	166		0	MC	9		68		
Potassium, K....mg	146		0	MC	9		60		
Sodium, Na....mg	2		0	MC	9		1		
Zinc, Zn....mg	0.92		0	MC	9		0.38		
Copper, Cu....mg	0.110		0	MC	9		0.045		
Manganese, Mn....mg	0.220		0	MC	9		0.090		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.580		0	MC	9		0.238		
* Riboflavin....mg	0.330		0	MC	9		0.135		
* Niacin....mg	4.810		0	MC	9		1.972		
Pantothenic acid....mg	0.310		0	MC	9		0.127		
Vitamin B-6....mg	0.270		0	MC	9		0.111		
* Folate, total....mcg	154		0	MC	9		63		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.260		0	MC	9		0.107		
Fatty acids, total monounsaturated....g	0.200		0	MC	9		0.082		
Fatty acids, total polyunsaturated....g	0.680		0	MC	9		0.279		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

Common Measures:

Measure 1 = 41g: .25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08315

Cereals, QUAKER, hominy grits, yellow, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.74		0	MC	9		4.34		
Energy....kcal	337		0	MC	9		125		
Energy....kJ	1411		0	MC	9		522		
Protein....g	8.26		0	MC	9		3.06		
Total lipid (fat)....g	1.66		0	MC	9		0.61		
Ash....g	0.56		0	MC	9		0.21		
Carbohydrate, by difference....g	77.76		0	MC	9		28.77		
Fiber, total dietary....g	5.6		0	MC	9		2.1		
Sugars, total....g	1.08		0	MC	9		0.40		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	MC	9		1		
* Iron, Fe....mg	4.11		0	MC	9		1.52		
Magnesium, Mg....mg	40		0	MC	9		15		
Phosphorus, P....mg	124		0	MC	9		46		
Potassium, K....mg	167		0	MC	9		62		
Sodium, Na....mg	2		0	MC	9		1		
Zinc, Zn....mg	0.72		0	MC	9		0.27		
Copper, Cu....mg	0.070		0	MC	9		0.026		
Manganese, Mn....mg	0.100		0	MC	9		0.037		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
* Thiamin....mg	0.510		0	MC	9		0.189		
* Riboflavin....mg	0.370		0	MC	9		0.137		
* Niacin....mg	4.310		0	MC	9		1.595		
Pantothenic acid....mg	0.310		0	MC	9		0.115		
Vitamin B-6....mg	0.250		0	MC	9		0.093		
* Folate, total....mcg	154		0	MC	9		57		
Folic acid....mcg									
Folate, food....mcg	154		0	MC	9		57		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	569		0	MC	9		211		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.450		0	MC	9		0.167		
Fatty acids, total monounsaturated....g	0.550		0	MC	9		0.204		
Fatty acids, total polyunsaturated....g	0.710		0	MC	9		0.263		
Fatty acids, total trans....g									

NDB No. 08315
Cereals, QUAKER, hominy grits, yellow, quick, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: .25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08234

Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.98		0	RA	4				
Energy	kcal	93		0	RA	4				
Energy	kJ	389				4				
Protein	g	3.59		0	RA	4				
Total lipid (fat)	g	1.79		0	RA	4				
Ash	g	0.96		0	RA	4				
Carbohydrate, by difference	g	16.67		0	RA	4				
Fiber, total dietary	g	2.3		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	RA	4				
Iron, Fe	mg	7.43		0	RA	4				
Magnesium, Mg	mg	35		0	RA	4				
Phosphorus, P	mg	114		0	RA	4				
Potassium, K	mg	94		0	RA	4				
Sodium, Na	mg	72		0	RA	4				
Zinc, Zn	mg	0.78		0	RA	4				
Copper, Cu	mg	0.080		0	RA	4				
Manganese, Mn	mg	1.056		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.280		0	RA	4				
Riboflavin	mg	0.321		0	RA	4				
Niacin	mg	3.788		0	RA	4				
Pantothenic acid	mg	0.156		0	RA	4				
Vitamin B-6	mg	0.379		0	RA	4				
Folate, total	mcg	76		0	RA	4				
Folic acid	mcg	67		0	O	4				
Folate, food	mcg	9		0	NC	4				
Folate, DFE	mcg_DFE	123		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	284		0	NC	4				
Retinol	mcg	284		0	NC	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	946		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.341		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				

NDB No. 08234

Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.005		0	RA	4				
13:0 ... g									
14:0 ... g	0.005		0	RA	4				
15:0 ... g									
16:0 ... g	0.279		0	RA	4				
17:0 ... g									
18:0 ... g	0.019		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.649		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.626		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.714		0	RA	4				
18:2 undifferentiated ... g	0.660		0	RA	4				
18:3 undifferentiated ... g	0.030		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08235

Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.63		0	RA	4				
Energy	kcal	116		0	RA	4				
Energy	kJ	485				4				
Protein	g	2.83		0	RA	4				
Total lipid (fat)	g	1.75		0	RA	4				
Ash	g	1.29		0	RA	4				
Carbohydrate, by difference	g	23.50		0	RA	4				
Fiber, total dietary	g	2.1		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	93		0	RA	4				
Iron, Fe	mg	3.46		0	RA	4				
Magnesium, Mg	mg	29		0	RA	4				
Phosphorus, P	mg	94		0	RA	4				
Potassium, K	mg	112		0	RA	4				
Sodium, Na	mg	207		0	RA	4				
Zinc, Zn	mg	0.64		0	RA	4				
Copper, Cu	mg	0.087		0	RA	4				
Manganese, Mn	mg	0.849		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RA	4				
Thiamin	mg	0.268		0	RA	4				
Riboflavin	mg	0.306		0	RA	4				
Niacin	mg	3.620		0	RA	4				
Pantothenic acid	mg	0.140		0	RA	4				
Vitamin B-6	mg	0.364		0	RA	4				
Folate, total	mcg	72		0	RA	4				
Folic acid	mcg	64		0	O	4				
Folate, food	mcg	8		0	NC	4				
Folate, DFE	mcg_DFE	117		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	272		0	NC	4				
Retinol	mcg	272		0	NC	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	905		0	RA	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.300		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				

NDB No. 08235

Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.004		0	RA	4				
13:0 ... g									
14:0 ... g	0.004		0	RA	4				
15:0 ... g									
16:0 ... g	0.237		0	RA	4				
17:0 ... g									
18:0 ... g	0.021		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.552		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.522		0	RA	4				
20:1 ... g	0.003		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.673		0	RA	4				
18:2 undifferentiated ... g	0.594		0	RA	4				
18:3 undifferentiated ... g	0.056		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RA	4				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08185
Cereals, RALSTON, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.10		0		1		217.83	163.59	
Energy	kcal	53		0	NC	4		134	101	
Energy	kJ	222				4		561	421	
Protein (N x 5.83)	g	2.20		0		1		5.57	4.18	
Total lipid (fat)	g	0.30		0		1		0.76	0.57	
Ash	g	0.30		0		1		0.76	0.57	
Carbohydrate, by difference	g	11.20		0	NC	4		28.34	21.28	
Fiber, total dietary	g	2.4		0		4		6.1	4.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	10	
Iron, Fe	mg	0.65		0		1		1.64	1.24	
Magnesium, Mg	mg	23		0		1		58	44	
Phosphorus, P	mg	58		0		1		147	110	
Potassium, K	mg	61		0		1		154	116	
Sodium, Na	mg	188		0		1		476	357	
Zinc, Zn	mg	0.56		0		1		1.42	1.06	
Copper, Cu	mg	0.079		0		1		0.200	0.150	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.080		0		1		0.202	0.152	
Riboflavin	mg	0.070		0		1		0.177	0.133	
Niacin	mg	0.810		0		1		2.049	1.539	
Pantothenic acid	mg	0.130		0		1		0.329	0.247	
Vitamin B-6	mg	0.045		0		1		0.114	0.086	
Folate, total	mcg	7		0		1		18	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		18	13	
Folate, DFE	mcg_DFE	7		0	NC	4		18	13	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.04		0		1		0.11	0.08	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.056		0		4		0.142	0.106	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08185
Cereals, RALSTON, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 190g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08135
Cereals, RALSTON, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.10		0		1		217.83	13.78	163.59
Energy	kcal	53		0	NC	4		134	8	101
Energy	kJ	222				4		561	35	421
Protein (N x 5.83)	g	2.20		0		1		5.57	0.35	4.18
Total lipid (fat)	g	0.30		0		1		0.76	0.05	0.57
Ash	g	0.30		0		1		0.76	0.05	0.57
Carbohydrate, by difference	g	11.20		0	NC	4		28.34	1.79	21.28
Fiber, total dietary	g	2.4		0		1		6.1	0.4	4.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	1	10
Iron, Fe	mg	0.65		0		1		1.64	0.10	1.24
Magnesium, Mg	mg	23		0		1		58	4	44
Phosphorus, P	mg	58		0		1		147	9	110
Potassium, K	mg	61		0		1		154	10	116
Sodium, Na	mg	2		0		1		5	0	4
Zinc, Zn	mg	0.56		0		1		1.42	0.09	1.06
Copper, Cu	mg	0.079		0		1		0.200	0.013	0.150
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.080		0		1		0.202	0.013	0.152
Riboflavin	mg	0.070		0		1		0.177	0.011	0.133
Niacin	mg	0.810		0		1		2.049	0.130	1.539
Pantothenic acid	mg	0.130		0		1		0.329	0.021	0.247
Vitamin B-6	mg	0.045		0		1		0.114	0.007	0.086
Folate, total	mcg	7		0		1		18	1	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0	NC	4		18	1	13
Folate, DFE	mcg_DFE	7		0	NC	4		18	1	13
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.04		0		4		0.11	0.01	0.08
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.052		0		4		0.132	0.008	0.099
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.002		0		4		0.005	0.000	0.004

NDB No. 08135
Cereals, RALSTON, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.046		0		4		0.116	0.007	0.087
17:0 g									
18:0 g	0.002		0		4		0.005	0.000	0.004
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.040		0		4		0.101	0.006	0.076
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		4		0.005	0.000	0.004
17:1 g									
18:1 undifferentiated g	0.038		0		4		0.096	0.006	0.072
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.146		0		4		0.369	0.023	0.277
18:2 undifferentiated g	0.135		0		4		0.342	0.022	0.257
18:3 undifferentiated g	0.012		0		4		0.030	0.002	0.023
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 190g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08134
Cereals, RALSTON, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.191	36		1		11.68	2.97	
Energy	kcal	341		0	NC	4		402	102	
Energy	kJ	1427				4		1684	428	
Protein (N x 5.83)	g	14.10		88		1		16.64	4.23	
Total lipid (fat)	g	2.10		76		1		2.48	0.63	
Ash	g	1.70	0.046	3		1		2.01	0.51	
Carbohydrate, by difference	g	72.10		0	NC	4		85.08	21.63	
Fiber, total dietary	g	13.4		0		1		15.8	4.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		50		1		41	11	
Iron, Fe	mg	4.20		118		1		4.96	1.26	
Magnesium, Mg	mg	152		109		1		179	46	
Phosphorus, P	mg	377		123		1		445	113	
Potassium, K	mg	392		49		1		463	118	
Sodium, Na	mg	11		109		1		13	3	
Zinc, Zn	mg	3.60		93		1		4.25	1.08	
Copper, Cu	mg	0.508		90		1		0.599	0.152	
Manganese, Mn	mg									
Selenium, Se	mcg	70.7		0	BFZN	4		83.4	21.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.540		121		1		0.637	0.162	
Riboflavin	mg	0.480		110		1		0.566	0.144	
Niacin	mg	5.220		13		1		6.160	1.566	
Pantothenic acid	mg	0.741		104		1		0.874	0.222	
Vitamin B-6	mg	0.289		95		1		0.341	0.087	
Folate, total	mcg	60		104		1		71	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60			NC	4		71	18	
Folate, DFE	mcg_DFE	60		0	NC	4		71	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.28		0		4		0.33	0.08	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 08134
Cereals, RALSTON, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

Measure 2 = 30g: .25 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08184
Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.50		0		1		195.60	146.70	
Energy....kcal	71		0	NC	4		170	128	
Energy....kJ	297				4		713	535	
Protein (N x 5.9)....g	3.00		0		1		7.20	5.40	
Total lipid (fat)....g	0.80		0		1		1.92	1.44	
Ash....g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference....g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary....g	3.4		0		4		8.2	6.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		26	20	
Iron, Fe....mg	0.58		0		1		1.39	1.04	
Magnesium, Mg....mg	31		0		1		74	56	
Phosphorus, P....mg	98		0		1		235	176	
Potassium, K....mg	107		0		4		257	193	
Sodium, Na....mg	225		0		1		540	405	
Zinc, Zn....mg	0.81		0		4		1.94	1.46	
Copper, Cu....mg	0.062		0		1		0.149	0.112	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.130		0		1		0.312	0.234	
Riboflavin....mg	0.090		0		1		0.216	0.162	
Niacin....mg	1.360		0		1		3.264	2.448	
Pantothenic acid....mg	0.104		0		1		0.250	0.187	
Vitamin B-6....mg	0.158		0		1		0.379	0.284	
Folate, total....mcg	10		0		4		24	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		4		24	18	
Folate, DFE....mcg_DFE	10		0	NC	4		24	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		4		22	16	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08184
Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08155
Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.50		0		1		195.60	146.70	
Energy....kcal	71		0	NC	4		170	128	
Energy....kJ	297				4		713	535	
Protein (N x 5.83)....g	3.00		0		1		7.20	5.40	
Total lipid (fat)....g	0.80		0		1		1.92	1.44	
Ash....g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference....g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary....g	2.9		0		4		7.0	5.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		26	20	
Iron, Fe....mg	0.58		0		1		1.39	1.04	
Magnesium, Mg....mg	31		0		1		74	56	
Phosphorus, P....mg	98		0		1		235	176	
Potassium, K....mg	107		0		4		257	193	
Sodium, Na....mg	4		0		1		10	7	
Zinc, Zn....mg	0.81		0		4		1.94	1.46	
Copper, Cu....mg	0.062		0		1		0.149	0.112	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.130		0		1		0.312	0.234	
Riboflavin....mg	0.090		0		1		0.216	0.162	
Niacin....mg	1.360		0		1		3.264	2.448	
Pantothenic acid....mg	0.104		0		1		0.250	0.187	
Vitamin B-6....mg	0.158		0		1		0.379	0.284	
Folate, total....mcg	10		0		4		24	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	NC	4		24	18	
Folate, DFE....mcg_DFE	10		0	NC	4		24	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		4		22	16	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08155
Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08181
Cereals, ROMAN MEAL, plain, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.70		0		1		199.31	149.69	
Energy....kcal	61		0	NC	4		147	110	
Energy....kJ	255				4		615	462	
Protein (N x 5.9)....g	2.70		0		1		6.51	4.89	
Total lipid (fat)....g	0.40		0		1		0.96	0.72	
Ash....g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference....g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary....g	3.4		0		4		8.2	6.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		29	22	
Iron, Fe....mg	0.88		0		1		2.12	1.59	
Magnesium, Mg....mg	45		0		1		108	81	
Phosphorus, P....mg	89		0		1		214	161	
Potassium, K....mg	125		0		1		301	226	
Sodium, Na....mg	82		0		1		198	148	
Zinc, Zn....mg	0.74		0		1		1.78	1.34	
Copper, Cu....mg	0.133		0		1		0.321	0.241	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.100		0		1		0.241	0.181	
Riboflavin....mg	0.050		0		1		0.121	0.091	
Niacin....mg	1.280		0		1		3.085	2.317	
Pantothenic acid....mg	0.154		0		1		0.371	0.279	
Vitamin B-6....mg	0.047		0		1		0.113	0.085	
Folate, total....mcg	10		0		1		24	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		1		24	18	
Folate, DFE....mcg_DFE	10		0	NC	4		24	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08181

Cereals, ROMAN MEAL, plain, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08137
Cereals, ROMAN MEAL, plain, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.70		0		1		199.31	149.69	
Energy....kcal	61		0	NC	4		147	110	
Energy....kJ	255				4		615	462	
Protein (N x 5.9)....g	2.70		0		1		6.51	4.89	
Total lipid (fat)....g	0.40		0		1		0.96	0.72	
Ash....g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference....g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary....g	3.4		0		4		8.2	6.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		29	22	
Iron, Fe....mg	0.88		0		1		2.12	1.59	
Magnesium, Mg....mg	45		0		1		108	81	
Phosphorus, P....mg	89		0		1		214	161	
Potassium, K....mg	125		0		1		301	226	
Sodium, Na....mg	1		0		1		2	2	
Zinc, Zn....mg	0.74		0		1		1.78	1.34	
Copper, Cu....mg	0.133		0		1		0.321	0.241	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.100		0		1		0.241	0.181	
Riboflavin....mg	0.050		0		1		0.121	0.091	
Niacin....mg	1.280		0		1		3.085	2.317	
Pantothenic acid....mg	0.154		0		1		0.371	0.279	
Vitamin B-6....mg	0.047		0		1		0.113	0.085	
Folate, total....mcg	10		0		1		24	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	NC	4		24	18	
Folate, DFE....mcg_DFE	10		0	NC	4		24	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 08137

Cereals, ROMAN MEAL, plain, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08136
Cereals, ROMAN MEAL, plain, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.10	0.677	3		1		8.46	0.53	2.82
Energy....kcal	322		0	NC	4		299	19	100
Energy....kJ	1347				4		1253	78	418
Protein (N x 5.9)....g	14.40	0.376	3		1		13.39	0.84	4.46
Total lipid (fat)....g	2.20	0.139	3		1		2.05	0.13	0.68
Ash....g	2.40	0.029	3		1		2.23	0.14	0.74
Carbohydrate, by difference....g	72.00		0	NC	4		66.96	4.18	22.32
Fiber, total dietary....g	17.9		0		4		16.6	1.0	5.5
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	65		1		1		60	4	20
Iron, Fe....mg	4.64		1		1		4.32	0.27	1.44
Magnesium, Mg....mg	237		1		1		220	14	73
Phosphorus, P....mg	470		1		1		437	27	146
Potassium, K....mg	660		1		1		614	38	205
Sodium, Na....mg	6		1		1		6	0	2
Zinc, Zn....mg	3.89		1		1		3.62	0.23	1.21
Copper, Cu....mg	0.700		1		1		0.651	0.041	0.217
Manganese, Mn....mg									
Selenium, Se....mcg	44.0		0	RA	4		40.9	2.6	13.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.500		1		1		0.465	0.029	0.155
Riboflavin....mg	0.250		1		1		0.233	0.015	0.078
Niacin....mg	6.720		1		1		6.250	0.390	2.083
Pantothenic acid....mg	0.810		1		1		0.753	0.047	0.251
Vitamin B-6....mg	0.250		1		1		0.233	0.015	0.078
Folate, total....mcg	70		1		1		65	4	22
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	70		1		1		65	4	22
Folate, DFE....mcg_DFE	70		0	NC	4		65	4	22
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.326		0		4		0.303	0.019	0.101
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.009		0		4		0.008	0.001	0.003

NDB No. 08136
Cereals, ROMAN MEAL, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.003		0		4		0.003	0.000	0.001
15:0 g									
16:0 g	0.286		0		4		0.266	0.017	0.089
17:0 g									
18:0 g	0.015		0		4		0.014	0.001	0.005
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.288		0		4		0.268	0.017	0.089
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0		4		0.011	0.001	0.004
17:1 g									
18:1 undifferentiated g	0.274		0		4		0.255	0.016	0.085
20:1 g	0.003		0		4		0.003	0.000	0.001
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.005		0		4		0.935	0.058	0.312
18:2 undifferentiated g	0.918		0		4		0.854	0.053	0.285
18:3 undifferentiated g	0.085		0		4		0.079	0.005	0.026
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0		4		0.002	0.000	0.001
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 cup

Measure 2 = 5.8g: 1 tbsp

Measure 3 = 31g: .333 cup

Calories Factors: Protein 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08143

Cereals, WHEATENA, cooked with water

Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.40		0		1		207.52	155.43	
Energy....kcal	56		0	NC	4		136	102	
Energy....kJ	234				4		569	426	
Protein (N x 5.83)....g	2.00		0		1		4.86	3.64	
Total lipid (fat)....g	0.50		0		1		1.22	0.91	
Ash....g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference....g	11.80		0	NC	4		28.67	21.48	
Fiber, total dietary....g	2.7		0		1		6.6	4.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	7	
Iron, Fe....mg	0.56		0		1		1.36	1.02	
Magnesium, Mg....mg	20		0		1		49	36	
Phosphorus, P....mg	60		0		1		146	109	
Potassium, K....mg	77		0		1		187	140	
Sodium, Na....mg	2		0		1		5	4	
Zinc, Zn....mg	0.69		0		1		1.68	1.26	
Copper, Cu....mg	0.052		0		1		0.126	0.095	
Manganese, Mn....mg	0.822		0		1		1.997	1.496	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		1		0.024	0.018	
Riboflavin....mg	0.020		0		1		0.049	0.036	
Niacin....mg	0.550		0		1		1.337	1.001	
Pantothenic acid....mg	0.042		0		1		0.102	0.076	
Vitamin B-6....mg	0.019		0		1		0.046	0.035	
Folate, total....mcg	7		0		1		17	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	NC	4		17	13	
Folate, DFE....mcg_DFE	7		0	NC	4		17	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.075		0		4		0.182	0.137	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 08143
Cereals, WHEATENA, cooked with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.073		0		4		0.177	0.133	
17:0 ... g									
18:0 ... g	0.002		0		4		0.005	0.004	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.071		0		4		0.173	0.129	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.071		0		4		0.173	0.129	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.252		0		4		0.612	0.459	
18:2 undifferentiated ... g	0.234		0		4		0.569	0.426	
18:3 undifferentiated ... g	0.019		0		4		0.046	0.035	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08182
Cereals, WHEATENA, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.40		0	FLM	4		207.52	155.43	
Energy....kcal	59		0	FLM	4		144	108	
Energy....kJ	247		0	FLM	4		601	450	
Protein (N x 5.83)....g	2.03		0	FLM	4		4.94	3.70	
Total lipid (fat)....g	0.45		0	FLM	4		1.09	0.82	
Ash....g	0.38		0	FLM	4		0.92	0.69	
Carbohydrate, by difference....g	11.74		0	FLM	4		28.52	21.36	
Fiber, total dietary....g	2.0		0	FLM	4		4.8	3.6	
Sugars, total....g	0.25		0	FLM	4		0.60	0.45	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	FLM	4		16	12	
Iron, Fe....mg	0.56		0	FLM	4		1.36	1.02	
Magnesium, Mg....mg	21		0	FLM	4		50	38	
Phosphorus, P....mg	60		0	FLM	4		145	109	
Potassium, K....mg	77		0	FLM	4		186	139	
Sodium, Na....mg	238		0		1		578	433	
Zinc, Zn....mg	0.69		0	FLM	4		1.67	1.25	
Copper, Cu....mg	0.057		0	FLM	4		0.138	0.104	
Manganese, Mn....mg	0.817		0	FLM	4		1.986	1.487	
Selenium, Se....mcg	11.0		0	FLM	4		26.7	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin....mg	0.011		0	FLM	4		0.026	0.020	
Riboflavin....mg	0.022		0	FLM	4		0.053	0.040	
Niacin....mg	0.546		0	FLM	4		1.328	0.995	
Pantothenic acid....mg	0.042		0	FLM	4		0.102	0.077	
Vitamin B-6....mg	0.019		0	FLM	4		0.045	0.034	
Folate, total....mcg	9		0	FLM	4		22	17	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	9		0	FLM	4		22	17	
Folate, DFE....mcg_DFE	9		0	NC	4		22	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	2		0	FLM	4		5	4	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	3		0	FLM	4		8	6	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	45		0	FLM	4		110	82	
Vitamin E (alpha-tocopherol)....mg	0.53		0	FLM	4		1.30	0.97	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		0	FLM	4		0.9	0.7	
Lipids:									
Fatty acids, total saturated....g	0.091		0	FLM	4		0.221	0.166	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08182
Cereals, WHEATENA, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.089		0	FLM	4		0.215	0.161	
17:0 ... g									
18:0 ... g	0.003		0	FLM	4		0.006	0.005	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.067		0	FLM	4		0.164	0.123	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.067		0	FLM	4		0.164	0.123	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.240		0	FLM	4		0.582	0.436	
18:2 undifferentiated ... g	0.222		0	FLM	4		0.539	0.404	
18:3 undifferentiated ... g	0.018		0	FLM	4		0.043	0.033	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08142
Cereals, WHEATENA, dry
Homestat Farm Ltd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.50		8		1		9.17	2.28	
Energy....kcal	357		0	NC	4		503	125	
Energy....kJ	1494				4		2106	523	
Protein (N x 5.83)....g	13.10		7		1		18.47	4.59	
Total lipid (fat)....g	2.90		7		1		4.09	1.02	
Ash....g	1.90		9		1		2.68	0.67	
Carbohydrate, by difference....g	75.60		0	NC	4		106.60	26.46	
Fiber, total dietary....g	12.8		0		1		18.0	4.5	
Sugars, total....g	1.60		0	FLA	4		2.26	0.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		8		1		39	10	
Iron, Fe....mg	3.57		8		1		5.03	1.25	
Magnesium, Mg....mg	130		8		1		183	46	
Phosphorus, P....mg	384		8		1		541	134	
Potassium, K....mg	492		8		1		694	172	
Sodium, Na....mg	13		8		1		18	5	
Zinc, Zn....mg	4.41		8		1		6.22	1.54	
Copper, Cu....mg	0.330		8		1		0.465	0.116	
Manganese, Mn....mg	5.262		2		1		7.419	1.842	
Selenium, Se....mcg	70.7		0	BFZN	4		99.7	24.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.070		8		1		0.099	0.025	
Riboflavin....mg	0.140		6		1		0.197	0.049	
Niacin....mg	3.520		6		1		4.963	1.232	
Pantothenic acid....mg	0.271		6		1		0.382	0.095	
Vitamin B-6....mg	0.120		8		1		0.169	0.042	
Folate, total....mcg	59		6		1		83	21	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	59		6		1		83	21	
Folate, DFE....mcg_DFE	59		0	NC	4		83	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	13		0	FLA	4		19	5	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	22		0	FLA	4		31	8	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	292		0	FLA	4		411	102	
Vitamin E (alpha-tocopherol)....mg	3.44		0	FLA	4		4.85	1.20	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.3		0	FLA	4		3.3	0.8	
Lipids:									
Fatty acids, total saturated....g	0.430		0		4		0.606	0.151	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 08142
Cereals, WHEATENA, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.423		0		4		0.596	0.148	
17:0 ... g									
18:0 ... g	0.012		0		4		0.017	0.004	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.410		0		4		0.578	0.144	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.411		0		4		0.580	0.144	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.460		0		4		2.059	0.511	
18:2 undifferentiated ... g	1.353		0		4		1.908	0.474	
18:3 undifferentiated ... g	0.109		0		4		0.154	0.038	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 cup

Measure 2 = 35g: .25 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08161

Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.93		0	BFZN	4		213.12	13.27	
Energy....kcal	71		0	BFZN	4		183	11	
Energy....kJ	298		0	BFZN	4		765	48	
Protein (N x 6.25)....g	1.71		0	BFZN	4		4.39	0.27	
Total lipid (fat)....g	0.46		0	BFZN	4		1.19	0.07	
Ash....g	0.15		0	BFZN	4		0.38	0.02	
Carbohydrate, by difference....g	14.76		0	BFZN	4		37.92	2.36	
Fiber, total dietary....g	0.8		0	BFZN	4		2.1	0.1	
Sugars, total....g	0.12		0	BFZN	4		0.31	0.02	
Starch....g	14.34		0	BFZN	4		36.86	2.29	
Minerals:									
Calcium, Ca....mg	1		0	BFZN	4		2	0	
Iron, Fe....mg	0.57		0	BFZN	4		1.46	0.09	
Magnesium, Mg....mg	7		0	BFZN	4		18	1	
Phosphorus, P....mg	20		0	BFZN	4		52	3	
Potassium, K....mg	27		0	BFZN	4		69	4	
Sodium, Na....mg	223		0		1		573	36	
Zinc, Zn....mg	0.18		0	BFZN	4		0.46	0.03	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg	0.037		0	BFZN	4		0.095	0.006	
Selenium, Se....mcg	3.1		0	BFZN	4		8.0	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.086		0	BFZN	4		0.221	0.014	
Riboflavin....mg	0.058		0	BFZN	4		0.150	0.009	
Niacin....mg	0.799		0	BFZN	4		2.054	0.128	
Pantothenic acid....mg	0.046		0	BFZN	4		0.118	0.007	
Vitamin B-6....mg	0.046		0	BFZN	4		0.117	0.007	
Folate, total....mcg	28		0	BFZN	4		71	4	
Folic acid....mcg	14		0	BFZN	4		36	2	
Folate, food....mcg	14		0	BFZN	4		35	2	
Folate, DFE....mcg_DFE	38		0	NC	4		97	6	
Choline, total....mg	2.6		0	BFZN	4		6.6	0.4	
Betaine....mg	0.2		0	BFZN	4		0.4	0.0	
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		1	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		1	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	BFZN	4		0.07	0.00	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	0.10		0	BFZN	4		0.25	0.02	
Tocopherol, delta....mg	0.00		0	BFZN	4		0.01	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.066		0	BFZN	4		0.169	0.011	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 08161

Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.062		0	BFZN	4		0.158	0.010	
17:0 ... g									
18:0 ... g	0.004		0	BFZN	4		0.011	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.064		0	BFZN	4		0.165	0.010	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.064		0	BFZN	4		0.165	0.010	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.165		0	BFZN	4		0.424	0.026	
18:2 undifferentiated ... g	0.165		0	BFZN	4		0.424	0.026	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0	BFZN	4		0.025	0.002	
Threonine ... g	0.053		0	BFZN	4		0.137	0.009	
Isoleucine ... g	0.056		0	BFZN	4		0.144	0.009	
Leucine ... g	0.211		0	BFZN	4		0.541	0.034	
Lysine ... g	0.033		0	BFZN	4		0.084	0.005	
Methionine ... g	0.037		0	BFZN	4		0.094	0.006	
Cystine ... g	0.033		0	BFZN	4		0.084	0.005	
Phenylalanine ... g	0.090		0	BFZN	4		0.233	0.014	
Tyrosine ... g	0.066		0	BFZN	4		0.170	0.011	
Valine ... g	0.079		0	BFZN	4		0.204	0.013	
Arginine ... g	0.065		0	BFZN	4		0.168	0.010	
Histidine ... g	0.050		0	BFZN	4		0.127	0.008	
Alanine ... g	0.127		0	BFZN	4		0.327	0.020	
Aspartic acid ... g	0.098		0	BFZN	4		0.251	0.016	
Glutamic acid ... g	0.326		0	BFZN	4		0.837	0.052	
Glycine ... g	0.048		0	BFZN	4		0.123	0.008	
Proline ... g	0.154		0	BFZN	4		0.396	0.025	
Serine ... g	0.076		0	BFZN	4		0.196	0.012	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08161

Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt

Common Measures:

Measure 1 = 257g: 1 cup

Measure 2 = 16g: 1 tablespoon

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.93	0.475	12	A	1		213.12	13.27	
Energy	kcal	71		0	NC	4		183	11	
Energy	kJ	298		0	NC	4		765	48	
Protein (N x 6.25)	g	1.71	0.056	12	A	1		4.39	0.27	
Total lipid (fat)	g	0.46	0.040	12	A	1		1.19	0.07	
Ash	g	0.15	0.000	12	A	1		0.38	0.02	
Carbohydrate, by difference	g	14.76		0	NC	4		37.92	2.36	
Fiber, total dietary	g	0.8	0.039	12	A	1		2.1	0.1	
Sugars, total	g	0.12	0.010	12	A	1		0.31	0.02	
Sucrose	g	0.12	0.010	12	A	1		0.31	0.02	
Glucose (dextrose)	g	0.00	0.000	12	A	1		0.00	0.00	
Fructose	g	0.00	0.000	12	A	1		0.00	0.00	
Lactose	g	0.00	0.000	12	A	1		0.00	0.00	
Maltose	g	0.00	0.000	12	A	1		0.00	0.00	
Galactose	g	0.00	0.000	12	A	1		0.00	0.00	
Starch	g	14.34	0.368	12	A	1		36.86	2.29	
Minerals:										
Calcium, Ca	mg	1	0.151	12	A	1		2	0	
Iron, Fe	mg	0.57	0.043	12	A	1		1.46	0.09	
Magnesium, Mg	mg	7	0.667	12	A	1		18	1	
Phosphorus, P	mg	20	1.772	12	A	1		52	3	
Potassium, K	mg	27	1.663	12	A	1		69	4	
Sodium, Na	mg	2		0	RP	4		6	0	
Zinc, Zn	mg	0.18	0.016	12	A	1		0.46	0.03	
Copper, Cu	mg	0.000	0.000	12	A	1		0.000	0.000	
Manganese, Mn	mg	0.037	0.000	12	A	1		0.095	0.006	
Selenium, Se	mcg	3.1	0.443	22	A	1		8.0	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	12	A	1		0.0	0.0	
Thiamin	mg	0.086	0.008	12	A	1		0.221	0.014	
Riboflavin	mg	0.058	0.003	12	A	1		0.150	0.009	
Niacin	mg	0.799	0.068	12	A	1		2.054	0.128	
Pantothenic acid	mg	0.046	0.001	12	A	1		0.118	0.007	
Vitamin B-6	mg	0.046	0.005	12	A	1		0.117	0.007	
Folate, total	mcg	28	2.178	12	A	1		71	4	
Folic acid	mcg	14	1.587	12	A	1		36	2	
Folate, food	mcg	14	1.113	12	AS	1		35	2	
Folate, DFE	mcg_DFE	38		0	NC	4		97	6	
Choline, total	mg	2.6		0	AS	1		6.6	0.4	
Betaine	mg	0.2		1	A	1		0.4	0.0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	RP	4		0	0	
Carotene, beta	mcg	0		0	RP	4		1	0	
Carotene, alpha	mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RP	4		1	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin	mcg	1		0	RP	4		2	0	
Vitamin E (alpha-tocopherol)	mg	0.03	0.002	12	A	1		0.07	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.10	0.010	12	A	1		0.25	0.02	
Tocopherol, delta	mg	0.00	0.002	12	A	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0	0.000	6	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.066		0	NC	4		0.169	0.011	
4:0.....g	0.000		0	RP	4		0.000	0.000	
6:0.....g	0.000		0	RP	4		0.000	0.000	
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	12	A	1		0.000	0.000	
15:0.....g	0.000	0.000	12	A	1		0.000	0.000	
16:0.....g	0.062	0.003	12	A	1		0.158	0.010	
17:0.....g	0.000	0.000	12	A	1		0.000	0.000	
18:0.....g	0.004	0.002	12	A	1		0.011	0.001	
20:0.....g	0.000	0.000	12	A	1		0.000	0.000	
22:0.....g	0.000	0.000	12	A	1		0.000	0.000	
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.064		0	NC	4		0.165	0.010	
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
17:1.....g	0.000	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.064	0.006	12	A	1		0.165	0.010	
20:1.....g	0.000	0.000	12	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.165		0	NC	4		0.424	0.026	
18:2 undifferentiated.....g	0.165	0.013	12	A	1		0.424	0.026	
18:3 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	A	1		0.025	0.002	
Threonine.....g	0.053		0	A	1		0.137	0.009	
Isoleucine.....g	0.056		0	A	1		0.144	0.009	
Leucine.....g	0.211		0	A	1		0.541	0.034	
Lysine.....g	0.033		0	A	1		0.084	0.005	
Methionine.....g	0.037		0	A	1		0.094	0.006	
Cystine.....g	0.033		0	A	1		0.084	0.005	
Phenylalanine.....g	0.090		0	A	1		0.233	0.014	
Tyrosine.....g	0.066		0	A	1		0.170	0.011	
Valine.....g	0.079		0	A	1		0.204	0.013	
Arginine.....g	0.065		0	A	1		0.168	0.010	
Histidine.....g	0.050		0	A	1		0.127	0.008	
Alanine.....g	0.127		0	A	1		0.327	0.020	
Aspartic acid.....g	0.098		0	A	1		0.251	0.016	
Glutamic acid.....g	0.326		0	A	1		0.837	0.052	
Glycine.....g	0.048		0	A	1		0.123	0.008	
Proline.....g	0.154		0	A	1		0.396	0.025	
Serine.....g	0.076		0	A	1		0.196	0.012	
Hydroxyproline.....g									
Others:									

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.92	0.129	6	A	1		17.03	1.06	
Energy	kcal	370		0	NC	4		577	36	
Energy	kJ	1549		0	NC	4		2416	150	
Protein (N x 6.25)	g	7.65	0.187	6	A	1		11.93	0.74	
Total lipid (fat)	g	1.75	0.160	6	A	1		2.72	0.17	
Ash	g	0.60	0.035	6	A	1		0.93	0.06	
Carbohydrate, by difference	g	79.09		0	NC	4		123.39	7.67	
Fiber, total dietary	g	4.6	0.630	6	A	1		7.2	0.4	
Sugars, total	g	0.57	0.077	6	A	1		0.89	0.06	
Sucrose	g	0.57	0.077	6	A	1		0.89	0.06	
Glucose (dextrose)	g	0.00	0.000	6	A	1		0.00	0.00	
Fructose	g	0.00	0.000	6	A	1		0.00	0.00	
Lactose	g	0.00	0.000	6	A	1		0.00	0.00	
Maltose	g	0.00	0.000	6	A	1		0.00	0.00	
Galactose	g	0.00	0.000	6	A	1		0.00	0.00	
Starch	g	68.23	0.874	6	A	1		106.44	6.62	
Minerals:										
Calcium, Ca	mg	4	0.697	6	A	1		7	0	
Iron, Fe	mg	3.05	0.141	6	A	1		4.76	0.30	
Magnesium, Mg	mg	36	3.978	6	A	1		56	4	
Phosphorus, P	mg	111	11.416	6	A	1		173	11	
Potassium, K	mg	141	9.043	6	A	1		220	14	
Sodium, Na	mg	1	0.064	5	A	1		1	0	
Zinc, Zn	mg	0.72	0.049	6	A	1		1.13	0.07	
Copper, Cu	mg	0.030	0.000	6	A	1		0.047	0.003	
Manganese, Mn	mg	0.145	0.017	6	A	1		0.227	0.014	
Selenium, Se	mcg	17.0		2	A	1		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	6	A	1		0.0	0.0	
Thiamin	mg	1.271	0.471	6	A	1		1.982	0.123	
Riboflavin	mg	0.339	0.023	6	A	1		0.528	0.033	
Niacin	mg	4.465	0.226	6	A	1		6.965	0.433	
Pantothenic acid	mg	0.253	0.011	6	A	1		0.394	0.025	
Vitamin B-6	mg	0.233	0.038	6	A	1		0.364	0.023	
Folate, total	mcg	171	8.441	6	A	1		266	17	
Folic acid	mcg	132	12.545	6	A	1		205	13	
Folate, food	mcg	39	5.043	6	AS	1		61	4	
Folate, DFE	mcg_DFE	263		0	NC	4		410	25	
Choline, total	mg	14.4		0	AS	1		22.5	1.4	
Betaine	mg	1.1		1	A	1		1.7	0.1	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	1		0	FLA	4		2	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	1		0	FLA	4		2	0	
Vitamin A, IU	IU	3		0	NC	4		5	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	5		0	FLA	4		8	0	
Vitamin E (alpha-tocopherol)	mg	0.21	0.031	6	A	1		0.32	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01	0.003	6	A	1		0.02	0.00	
Tocopherol, gamma	mg	0.70	0.102	6	A	1		1.09	0.07	
Tocopherol, delta	mg	0.04	0.003	6	A	1		0.06	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.340		0	NC	4		0.530	0.033	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.307	0.016	6	A	1		0.478	0.030	
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	
18:0.....g	0.033	0.003	6	A	1		0.052	0.003	
20:0.....g	0.000	0.000	6	A	1		0.000	0.000	
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.315		0	NC	4		0.491	0.031	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.315	0.034	6	A	1		0.491	0.031	
20:1.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.875		0	NC	4		1.365	0.085	
18:2 undifferentiated.....g	0.847	0.074	6	A	1		1.321	0.082	
18:3 undifferentiated.....g	0.028	0.002	6	A	1		0.044	0.003	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0	A	1		0.089	0.006	
Threonine.....g	0.277		0	A	1		0.433	0.027	
Isoleucine.....g	0.288		0	A	1		0.449	0.028	
Leucine.....g	1.154		0	A	1		1.801	0.112	
Lysine.....g	0.156		0	A	1		0.243	0.015	
Methionine.....g	0.182		0	A	1		0.284	0.018	
Cystine.....g	0.172		0	A	1		0.268	0.017	
Phenylalanine.....g	0.444		0	A	1		0.693	0.043	
Tyrosine.....g	0.175		0	A	1		0.273	0.017	
Valine.....g	0.383		0	A	1		0.597	0.037	
Arginine.....g	0.282		0	A	1		0.439	0.027	
Histidine.....g	0.234		0	A	1		0.364	0.023	
Alanine.....g	0.670		0	A	1		1.045	0.065	
Aspartic acid.....g	0.508		0	A	1		0.792	0.049	
Glutamic acid.....g	1.716		0	A	1		2.677	0.166	
Glycine.....g	0.260		0	A	1		0.406	0.025	
Proline.....g	0.883		0	A	1		1.377	0.086	
Serine.....g	0.375		0	A	1		0.585	0.036	
Hydroxyproline.....g									
Others:									

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.35		0	RP	4		206.54	155.33	
Energy....kcal	59		0	RP	4		143	107	
Energy....kJ	247		0	RP	4		597	449	
Protein (N x 6.25)....g	1.42		0	RP	4		3.44	2.59	
Total lipid (fat)....g	0.19		0	RP	4		0.47	0.35	
Ash....g	0.16		0	RP	4		0.40	0.30	
Carbohydrate, by difference....g	12.87		0	RP	4		31.15	23.43	
Fiber, total dietary....g	0.3		0	RP	4		0.6	0.5	
Sugars, total....g	0.10		0	RP	4		0.25	0.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RP	4		7	5	
Iron, Fe....mg	0.16		0	RP	4		0.38	0.29	
Magnesium, Mg....mg	5		0	RP	4		12	9	
Phosphorus, P....mg	11		0	RP	4		27	20	
Potassium, K....mg	21		0	RP	4		51	39	
Sodium, Na....mg	2		0	RP	4		6	4	
Zinc, Zn....mg	0.07		0	RP	4		0.17	0.13	
Copper, Cu....mg	0.018		0	RP	4		0.044	0.033	
Manganese, Mn....mg	0.018		0	RP	4		0.042	0.032	
Selenium, Se....mcg	3.1		0	BFZN	4		7.5	5.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0	0.0	
Thiamin....mg	0.017		0	RP	4		0.041	0.031	
Riboflavin....mg	0.006		0	RP	4		0.014	0.011	
Niacin....mg	0.175		0	RP	4		0.423	0.318	
Pantothenic acid....mg	0.078		0	RP	4		0.190	0.143	
Vitamin B-6....mg	0.021		0	RP	4		0.052	0.039	
Folate, total....mcg	1		0		1		2	2	
Folic acid....mcg	0		0	RP	4		0	0	
Folate, food....mcg	1		0		1		2	2	
Folate, DFE....mcg_DFE	1		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	RP	4		0	0	
Carotene, beta....mcg	0		0	RP	4		0	0	
Carotene, alpha....mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RP	4		1	0	
Vitamin A, IU....IU	1		0	NC	4		1	1	
Lycopene....mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin....mcg	1		0	RP	4		2	1	
Vitamin E (alpha-tocopherol)....mg	0.02		0	RP	4		0.05	0.04	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	RP	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.025		0	RP	4		0.061	0.046	
4:0....g	0.000		0	RP	4		0.000	0.000	
6:0....g	0.000		0	RP	4		0.000	0.000	
8:0....g	0.000		0	RP	4		0.000	0.000	

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000	0.000	
12:0 ... g	0.000		0	RP	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RP	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.022		0	RP	4		0.053	0.040	
17:0 ... g									
18:0 ... g	0.003		0	RP	4		0.007	0.005	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.048		0	RP	4		0.117	0.088	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RP	4		0.001	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.048		0	RP	4		0.116	0.087	
20:1 ... g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated ... g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated ... g	0.002		0	RP	4		0.006	0.004	
18:4 ... g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0	RP	4		0.024	0.018	
Threonine ... g	0.053		0	RP	4		0.129	0.097	
Isoleucine ... g	0.051		0	RP	4		0.123	0.092	
Leucine ... g	0.174		0	RP	4		0.421	0.317	
Lysine ... g	0.040		0	RP	4		0.097	0.073	
Methionine ... g	0.030		0	RP	4		0.072	0.054	
Cystine ... g	0.026		0	RP	4		0.062	0.046	
Phenylalanine ... g	0.070		0	RP	4		0.169	0.127	
Tyrosine ... g	0.058		0	RP	4		0.140	0.105	
Valine ... g	0.072		0	RP	4		0.174	0.131	
Arginine ... g	0.071		0	RP	4		0.171	0.129	
Histidine ... g	0.043		0	RP	4		0.105	0.079	
Alanine ... g	0.106		0	RP	4		0.257	0.193	
Aspartic acid ... g	0.099		0	RP	4		0.239	0.180	
Glutamic acid ... g	0.266		0	RP	4		0.645	0.485	
Glycine ... g	0.058		0	RP	4		0.141	0.106	
Proline ... g	0.124		0	RP	4		0.299	0.225	
Serine ... g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0	0.0	
Caffeine ... mg	0		0	RP	4		0	0	
Theobromine ... mg	0		0	RP	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08158

Cereals, corn grits, white, regular and quick, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kJ	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	1.00		1		1		1.56	0.10	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		0	BFSN	4		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		1		1		0.203	0.013	
Riboflavin	mg	0.040		1		1		0.062	0.004	
Niacin	mg	1.200		1		1		1.872	0.116	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	5	0.536	3		1		8	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.536	3		1		8	0	
Folate, DFE	mcg_DFE	5		0	NC	4		8	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		0	FLA	4		2	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	1		0	FLA	4		2	0	
Vitamin A, IU	IU	3		0	NC	4		5	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	5		0	FLA	4		8	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 08158

Cereals, corn grits, white, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.001		0	FLA	4		0.001	0.000	
13:0 g									
14:0 g	0.001		0	FLA	4		0.001	0.000	
15:0 g									
16:0 g	0.135		0	FLA	4		0.211	0.013	
17:0 g									
18:0 g	0.018		0	FLA	4		0.028	0.002	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.300		0	FLA	4		0.467	0.029	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0	FLA	4		0.006	0.000	
17:1 g									
18:1 undifferentiated g	0.296		0	FLA	4		0.462	0.029	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated g	0.015		0	FLA	4		0.023	0.001	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.062		0		1		0.097	0.006	
Threonine g	0.330		0		1		0.515	0.032	
Isoleucine g	0.314		0		1		0.490	0.030	
Leucine g	1.076		0		1		1.679	0.104	
Lysine g	0.247		0		1		0.385	0.024	
Methionine g	0.184		0		1		0.287	0.018	
Cystine g	0.158		0		1		0.246	0.015	
Phenylalanine g	0.431		0		1		0.672	0.042	
Tyrosine g	0.357		0		1		0.557	0.035	
Valine g	0.444		0		1		0.693	0.043	
Arginine g	0.437		0		1		0.682	0.042	
Histidine g	0.268		0		1		0.418	0.026	
Alanine g	0.656		0		1		1.023	0.064	
Aspartic acid g	0.610		0		1		0.952	0.059	
Glutamic acid g	1.647		0		1		2.569	0.160	
Glycine g	0.360		0		1		0.562	0.035	
Proline g	0.765		0		1		1.193	0.074	
Serine g	0.417		0		1		0.651	0.040	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08158

Cereals, corn grits, white, regular and quick, unenriched, dry

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		0		1		206.43	155.25	
Energy....kcal	60		0	NC	4		145	109	
Energy....kJ	251				4		608	457	
Protein (N x 6.25)....g	1.40		0		1		3.39	2.55	
Total lipid (fat)....g	0.20		0		1		0.48	0.36	
Ash....g	0.10		0		1		0.24	0.18	
Carbohydrate, by difference....g	13.00		0	NC	4		31.46	23.66	
Fiber, total dietary....g	0.2		0		4		0.5	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		1		0	0	
Iron, Fe....mg	0.20		1		1		0.48	0.36	
Magnesium, Mg....mg	4		0		1		10	7	
Phosphorus, P....mg	12		0		1		29	22	
Potassium, K....mg	22		0		1		53	40	
Sodium, Na....mg	223		0		1		540	406	
Zinc, Zn....mg	0.07		0		1		0.17	0.13	
Copper, Cu....mg	0.012		0		1		0.029	0.022	
Manganese, Mn....mg	0.017		0		1		0.041	0.031	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.020		1		1		0.048	0.036	
Riboflavin....mg	0.010		1		1		0.024	0.018	
Niacin....mg	0.200		1		1		0.484	0.364	
Pantothenic acid....mg	0.064		0		4		0.155	0.116	
Vitamin B-6....mg	0.024		0		1		0.058	0.044	
Folate, total....mcg	1		0		1		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	NC	4		2	2	
Folate, DFE....mcg_DFE	1		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.02		0		1		0.05	0.04	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.073	0.055	
4:0....g									
6:0....g									
8:0....g									

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.020		0		1		0.048	0.036	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		1		0.121	0.091	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.050		0		1		0.121	0.091	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		1		0.194	0.146	
18:2 undifferentiated....g	0.080		0		1		0.194	0.146	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.024	0.018	
Threonine....g	0.054		0		1		0.131	0.098	
Isoleucine....g	0.051		0		1		0.123	0.093	
Leucine....g	0.175		0		1		0.424	0.319	
Lysine....g	0.040		0		1		0.097	0.073	
Methionine....g	0.030		0		1		0.073	0.055	
Cystine....g	0.026		0		1		0.063	0.047	
Phenylalanine....g	0.070		0		1		0.169	0.127	
Tyrosine....g	0.058		0		1		0.140	0.106	
Valine....g	0.072		0		1		0.174	0.131	
Arginine....g	0.071		0		1		0.172	0.129	
Histidine....g	0.044		0		1		0.106	0.080	
Alanine....g	0.107		0		1		0.259	0.195	
Aspartic acid....g	0.099		0		1		0.240	0.180	
Glutamic acid....g	0.268		0		1		0.649	0.488	
Glycine....g	0.059		0		1		0.143	0.107	
Proline....g	0.125		0		1		0.303	0.228	
Serine....g	0.068		0		1		0.165	0.124	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.36	0.534	4	A	1		196.57		
Energy....kcal	65		0	NC	4		152		
Energy....kJ	273		0	NC	4		636		
Protein (N x 6.25)....g	1.23	0.100	4	A	1		2.88		
Total lipid (fat)....g	0.39	0.033	4	A	1		0.91		
Ash....g	0.15	0.000	4	A	1		0.34		
Carbohydrate, by difference....g	13.86		0	NC	4		32.30		
Fiber, total dietary....g	0.7	0.000	4	A	1		1.7		
Sugars, total....g	0.09	0.011	4	A	1		0.21		
Sucrose....g	0.09	0.011	4	A	1		0.21		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.00	0.000	4	A	1		0.00		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.049	4	A	1		2		
Iron, Fe....mg	0.57	0.054	4	A	1		1.34		
Magnesium, Mg....mg	5	1.593	4	A	1		12		
Phosphorus, P....mg	14	3.326	4	A	1		33		
Potassium, K....mg	22	2.704	4	A	1		51		
Sodium, Na....mg	2		0	BFSN	4		5		
Zinc, Zn....mg	0.14	0.029	4	A	1		0.32		
Copper, Cu....mg	0.000	0.000	4	A	1		0.000		
Manganese, Mn....mg	0.037	0.000	4	A	1		0.086		
Selenium, Se....mcg	2.7		0	RP	4		6.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.103	0.006	4	A	1		0.240		
Riboflavin....mg	0.058	0.004	4	A	1		0.136		
Niacin....mg	0.762	0.024	4	A	1		1.776		
Pantothenic acid....mg	0.041	0.000	4	A	1		0.095		
Vitamin B-6....mg	0.035	0.007	4	A	1		0.081		
Folate, total....mcg	27	3.000	4	A	1		63		
Folic acid....mcg	14	1.250	4	A	1		32		
Folate, food....mcg	13	1.750	4	AS	1		31		
Folate, DFE....mcg_DFE	37		0	NC	4		85		
Choline, total....mg	2.4		0	BFSN	4		5.5		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RP	4		0.00		
Vitamin B-12, added....mcg	0.00		0	BFSN	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	RP	4		0		
Carotene, beta....mcg	0	0.000	4	A	1		0		
Carotene, alpha....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0	0.000	4	A	1		0		
Lutein + zeaxanthin....mcg	197		0	RP	4		459		
Vitamin E (alpha-tocopherol)....mg	0.02	0.005	4	A	1		0.05		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma....mg	0.06	0.025	4	A	1		0.15		
Tocopherol, delta....mg	0.01	0.000	4	A	1		0.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.060		0	NC	4		0.140		
4:0.....g	0.000		0	RP	4		0.000		
6:0.....g	0.000		0	RP	4		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.055	0.005	4	A	1		0.128		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.005	0.004	4	A	1		0.012		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.062		0	NC	4		0.146		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	0.062	0.017	4	A	1		0.146		
20:1.....g	0.000	0.000	4	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.130		0	NC	4		0.303		
18:2 undifferentiated.....g	0.130	0.022	4	A	1		0.303		
18:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFSN	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.023		
Threonine.....g	0.054		0		1		0.126		
Isoleucine.....g	0.051		0		1		0.119		
Leucine.....g	0.175		0		1		0.408		
Lysine.....g	0.040		0		1		0.093		
Methionine.....g	0.030		0		1		0.070		
Cystine.....g	0.026		0		1		0.061		
Phenylalanine.....g	0.070		0		1		0.163		
Tyrosine.....g	0.058		0		1		0.135		
Valine.....g	0.072		0		1		0.168		
Arginine.....g	0.071		0		1		0.165		
Histidine.....g	0.044		0		1		0.103		
Alanine.....g	0.107		0		1		0.249		
Aspartic acid.....g	0.099		0		1		0.231		
Glutamic acid.....g	0.268		0		1		0.624		
Glycine.....g	0.059		0		1		0.137		
Proline.....g	0.125		0		1		0.291		
Serine.....g	0.068		0		1		0.158		
Hydroxyproline.....g									
Others:									

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.37		2	A	1		19.32	1.44	
Energy	kcal	368		0	NC	4		626	47	
Energy	kJ	1540		0	NC	4		2619	196	
Protein (N x 6.25)	g	6.72		2	A	1		11.42	0.85	
Total lipid (fat)	g	1.49		2	A	1		2.54	0.19	
Ash	g	0.52		2	A	1		0.88	0.07	
Carbohydrate, by difference	g	79.91		0	NC	4		135.84	10.15	
Fiber, total dietary	g	3.9		2	A	1		6.6	0.5	
Sugars, total	g	0.55		2	A	1		0.94	0.07	
Sucrose	g	0.55		2	A	1		0.94	0.07	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	70.20		2	A	1		119.34	8.92	
Minerals:										
Calcium, Ca	mg	4		2	A	1		6	0	
Iron, Fe	mg	2.90		2	A	1		4.93	0.37	
Magnesium, Mg	mg	28		2	A	1		47	3	
Phosphorus, P	mg	76		2	A	1		128	10	
Potassium, K	mg	118		2	A	1		201	15	
Sodium, Na	mg	2		2	A	1		3	0	
Zinc, Zn	mg	0.60		2	A	1		1.01	0.08	
Copper, Cu	mg	0.030		2	A	1		0.051	0.004	
Manganese, Mn	mg	0.132		2	A	1		0.224	0.017	
Selenium, Se	mcg	17.0		0	BFSN	4		28.9	2.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.675		2	A	1		1.148	0.086	
Riboflavin	mg	0.324		2	A	1		0.552	0.041	
Niacin	mg	4.255		2	A	1		7.233	0.540	
Pantothenic acid	mg	0.231		2	A	1		0.392	0.029	
Vitamin B-6	mg	0.131		2	A	1		0.222	0.017	
Folate, total	mcg	149		2	A	1		253	19	
Folic acid	mcg	100		2	A	1		169	13	
Folate, food	mcg	50		0	AS	1		85	6	
Folate, DFE	mcg_DFE	219		0	NC	4		373	28	
Choline, total	mg	14.4		0	BFZN	4		24.5	1.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	6		0	AS	1		11	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	74		2	A	1		127	9	
Carotene, alpha	mcg	0		2	A	1		0	0	
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	
Vitamin A, IU	IU	124		0	AS	1		211	16	
Lycopene	mcg	0		2	A	1		0	0	
Lutein + zeaxanthin	mcg	1355		0	FLA	4		2304	172	
Vitamin E (alpha-tocopherol)	mg	0.16		2	A	1		0.27	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		2	A	1		0.01	0.00	
Tocopherol, gamma	mg	0.50		2	A	1		0.85	0.06	
Tocopherol, delta	mg	0.03		2	A	1		0.05	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.290		0	NC	4		0.493	0.037	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.260		2	A	1		0.442	0.033	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.030		2	A	1		0.051	0.004	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.310		0	NC	4		0.527	0.039	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.310		2	A	1		0.527	0.039	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.720		0	NC	4		1.224	0.091	
18:2 undifferentiated.....g	0.695		2	A	1		1.181	0.088	
18:3 undifferentiated.....g	0.025		2	A	1		0.042	0.003	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0	A	1		0.105	0.008	
Threonine.....g	0.330		0	A	1		0.561	0.042	
Isoleucine.....g	0.314		0	A	1		0.534	0.040	
Leucine.....g	1.076		0	A	1		1.829	0.137	
Lysine.....g	0.247		0	A	1		0.420	0.031	
Methionine.....g	0.184		0	A	1		0.313	0.023	
Cystine.....g	0.158		0	A	1		0.269	0.020	
Phenylalanine.....g	0.431		0	A	1		0.733	0.055	
Tyrosine.....g	0.357		0	A	1		0.607	0.045	
Valine.....g	0.444		0	A	1		0.755	0.056	
Arginine.....g	0.437		0	A	1		0.743	0.055	
Histidine.....g	0.268		0	A	1		0.456	0.034	
Alanine.....g	0.656		0	A	1		1.115	0.083	
Aspartic acid.....g	0.610		0	A	1		1.037	0.077	
Glutamic acid.....g	1.647		0	A	1		2.800	0.209	
Glycine.....g	0.360		0	A	1		0.612	0.046	
Proline.....g	0.765		0	A	1		1.301	0.097	
Serine.....g	0.417		0	A	1		0.709	0.053	
Hydroxyproline.....g									
Others:									

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 12.7g: 1 tbsp

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	RP	4		206.54	155.33	
Energy	kcal	59		0	RP	4		143	107	
Energy	kJ	247		0	RP	4		597	449	
Protein (N x 6.25)	g	1.42		0	RP	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	RP	4		0.47	0.35	
Ash	g	0.16		0	RP	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	RP	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.5	
Sugars, total	g	0.10		0	RP	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	5	
Iron, Fe	mg	0.16		0	RP	4		0.38	0.29	
Magnesium, Mg	mg	5		0	RP	4		12	9	
Phosphorus, P	mg	11		0	RP	4		27	20	
Potassium, K	mg	21		0	RP	4		51	39	
Sodium, Na	mg	2		0	RP	4		6	4	
Zinc, Zn	mg	0.07		0	RP	4		0.17	0.13	
Copper, Cu	mg	0.018		0	RP	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	RP	4		0.042	0.032	
Selenium, Se	mcg	2.7		0	RP	4		6.7	5.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.017		0	RP	4		0.041	0.031	
Riboflavin	mg	0.006		0	RP	4		0.014	0.011	
Niacin	mg	0.175		0	RP	4		0.423	0.318	
Pantothenic acid	mg	0.078		0	RP	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	RP	4		0.052	0.039	
Folate, total	mcg	1		0	RP	4		1	1	
Folic acid	mcg	0		0	RP	4		0	0	
Folate, food	mcg	1		0	RP	4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	3	
Retinol	mcg	0		0	RP	4		0	0	
Carotene, beta	mcg	14		0	RP	4		34	26	
Carotene, alpha	mcg	9		0	RP	4		22	17	
Cryptoxanthin, beta	mcg	0		0	RP	4		0	0	
Vitamin A, IU	IU	31		0	RP	4		75	57	
Lycopene	mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin	mcg	197		0	RP	4		477	359	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	RP	4		0.061	0.046	
4:0	g	0.000		0	RP	4		0.000	0.000	
6:0	g	0.000		0	RP	4		0.000	0.000	
8:0	g	0.000		0	RP	4		0.000	0.000	

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	RP	4		0.000	0.000	
12:0 ... g	0.000		0	RP	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RP	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.022		0	RP	4		0.053	0.040	
17:0 ... g									
18:0 ... g	0.003		0	RP	4		0.007	0.005	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.048		0	RP	4		0.117	0.088	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RP	4		0.001	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.048		0	RP	4		0.116	0.087	
20:1 ... g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated ... g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated ... g	0.002		0	RP	4		0.006	0.004	
18:4 ... g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0	RP	4		0.024	0.018	
Threonine ... g	0.053		0	RP	4		0.129	0.097	
Isoleucine ... g	0.051		0	RP	4		0.123	0.092	
Leucine ... g	0.174		0	RP	4		0.421	0.317	
Lysine ... g	0.040		0	RP	4		0.097	0.073	
Methionine ... g	0.030		0	RP	4		0.072	0.054	
Cystine ... g	0.026		0	RP	4		0.062	0.046	
Phenylalanine ... g	0.070		0	RP	4		0.169	0.127	
Tyrosine ... g	0.058		0	RP	4		0.140	0.105	
Valine ... g	0.072		0	RP	4		0.174	0.131	
Arginine ... g	0.071		0	RP	4		0.171	0.129	
Histidine ... g	0.043		0	RP	4		0.105	0.079	
Alanine ... g	0.106		0	RP	4		0.257	0.193	
Aspartic acid ... g	0.099		0	RP	4		0.239	0.180	
Glutamic acid ... g	0.266		0	RP	4		0.645	0.485	
Glycine ... g	0.058		0	RP	4		0.141	0.106	
Proline ... g	0.124		0	RP	4		0.299	0.225	
Serine ... g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0	0.0	
Caffeine ... mg	0		0	RP	4		0	0	
Theobromine ... mg	0		0	RP	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kJ	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	1.00		1		1		1.56	0.10	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		0	BFSN	4		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.130		1		1		0.203	0.013	
Riboflavin	mg	0.040		1		1		0.062	0.004	
Niacin	mg	1.200		1		1		1.872	0.116	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	5	0.536	3		1		8	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.536	3		1		8	0	
Folate, DFE	mcg_DFE	5		0	NC	4		8	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		17	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	97		0	FLA	4		151	9	
Carotene, alpha	mcg	63		0	FLA	4		99	6	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	214		0	NC	4		334	21	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	1355		0	FLA	4		2114	131	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.001		0	FLA	4		0.001	0.000	
13:0 ... g									
14:0 ... g	0.001		0	FLA	4		0.001	0.000	
15:0 ... g									
16:0 ... g	0.135		0	FLA	4		0.211	0.013	
17:0 ... g									
18:0 ... g	0.018		0	FLA	4		0.028	0.002	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.300		0	FLA	4		0.467	0.029	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLA	4		0.006	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.296		0	FLA	4		0.462	0.029	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated ... g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated ... g	0.015		0	FLA	4		0.023	0.001	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.062		0		1		0.097	0.006	
Threonine ... g	0.330		0		1		0.515	0.032	
Isoleucine ... g	0.314		0		1		0.490	0.030	
Leucine ... g	1.076		0		1		1.679	0.104	
Lysine ... g	0.247		0		1		0.385	0.024	
Methionine ... g	0.184		0		1		0.287	0.018	
Cystine ... g	0.158		0		1		0.246	0.015	
Phenylalanine ... g	0.431		0		1		0.672	0.042	
Tyrosine ... g	0.357		0		1		0.557	0.035	
Valine ... g	0.444		0		1		0.693	0.043	
Arginine ... g	0.437		0		1		0.682	0.042	
Histidine ... g	0.268		0		1		0.418	0.026	
Alanine ... g	0.656		0		1		1.023	0.064	
Aspartic acid ... g	0.610		0		1		0.952	0.059	
Glutamic acid ... g	1.647		0		1		2.569	0.160	
Glycine ... g	0.360		0		1		0.562	0.035	
Proline ... g	0.765		0		1		1.193	0.074	
Serine ... g	0.417		0		1		0.651	0.040	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.36		0	BFZN	4		196.57		
Energy....kcal	65		0	BFZN	4		152		
Energy....kJ	273		0	BFZN	4		636		
Protein (N x 6.25)....g	1.23		0	BFZN	4		2.88		
Total lipid (fat)....g	0.39		0	BFZN	4		0.91		
Ash....g	0.15		0	BFZN	4		0.34		
Carbohydrate, by difference....g	13.86		0	BFZN	4		32.30		
Fiber, total dietary....g	0.7		0	BFZN	4		1.7		
Sugars, total....g	0.09		0	BFZN	4		0.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	1		0	BFZN	4		2		
Iron, Fe....mg	0.57		0	BFZN	4		1.34		
Magnesium, Mg....mg	5		0	BFZN	4		12		
Phosphorus, P....mg	14		0	BFZN	4		33		
Potassium, K....mg	22		0	BFZN	4		51		
Sodium, Na....mg	223		0		1		520		
Zinc, Zn....mg	0.14		0	BFZN	4		0.32		
Copper, Cu....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn....mg	0.037		0	BFZN	4		0.086		
Selenium, Se....mcg	2.7		0	BFZN	4		6.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.103		0	BFZN	4		0.240		
Riboflavin....mg	0.058		0	BFZN	4		0.136		
Niacin....mg	0.762		0	BFZN	4		1.776		
Pantothenic acid....mg	0.041		0	BFZN	4		0.095		
Vitamin B-6....mg	0.035		0	BFZN	4		0.081		
Folate, total....mcg	27		0	BFZN	4		63		
Folic acid....mcg	14		0	BFZN	4		32		
Folate, food....mcg	13		0	BFZN	4		31		
Folate, DFE....mcg_DFE	37		0	NC	4		85		
Choline, total....mg	2.4		0	BFZN	4		5.5		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	197		0	BFZN	4		459		
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.060		0	BFZN	4		0.140		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000		
8:0 g	0.000		0	BFZN	4		0.000		
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.000		0	BFZN	4		0.000		
15:0 g									
16:0 g	0.055		0	BFZN	4		0.128		
17:0 g									
18:0 g	0.005		0	BFZN	4		0.012		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.062		0	BFZN	4		0.146		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.062		0	BFZN	4		0.146		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.130		0	BFZN	4		0.303		
18:2 undifferentiated g	0.130		0	BFZN	4		0.303		
18:3 undifferentiated g	0.000		0	BFZN	4		0.000		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	BFZN	4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.010		0	BFZN	4		0.023		
Threonine g	0.054		0	BFZN	4		0.126		
Isoleucine g	0.051		0	BFZN	4		0.119		
Leucine g	0.175		0	BFZN	4		0.408		
Lysine g	0.040		0	BFZN	4		0.093		
Methionine g	0.030		0	BFZN	4		0.070		
Cystine g	0.026		0	BFZN	4		0.061		
Phenylalanine g	0.070		0	BFZN	4		0.163		
Tyrosine g	0.058		0	BFZN	4		0.135		
Valine g	0.072		0	BFZN	4		0.168		
Arginine g	0.071		0	BFZN	4		0.165		
Histidine g	0.044		0	BFZN	4		0.103		
Alanine g	0.107		0	BFZN	4		0.249		
Aspartic acid g	0.099		0	BFZN	4		0.231		
Glutamic acid g	0.268		0	BFZN	4		0.624		
Glycine g	0.059		0	BFZN	4		0.137		
Proline g	0.125		0	BFZN	4		0.291		
Serine g	0.068		0	BFZN	4		0.158		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.35		0	BFZN	4		206.54	155.33	
Energy....kcal	59		0	BFZN	4		143	107	
Energy....kJ	247		0	BFZN	4		597	449	
Protein (N x 6.25)....g	1.42		0	BFZN	4		3.44	2.59	
Total lipid (fat)....g	0.19		0	BFZN	4		0.47	0.35	
Ash....g	0.16		0	BFZN	4		0.40	0.30	
Carbohydrate, by difference....g	12.87		0	BFZN	4		31.15	23.43	
Fiber, total dietary....g	0.3		0	BFZN	4		0.6	0.5	
Sugars, total....g	0.10		0	BFZN	4		0.25	0.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFZN	4		7	5	
Iron, Fe....mg	0.16		0	BFZN	4		0.38	0.29	
Magnesium, Mg....mg	5		0	BFZN	4		12	9	
Phosphorus, P....mg	11		0	BFZN	4		27	20	
Potassium, K....mg	21		0	BFZN	4		51	39	
Sodium, Na....mg	223		0		1		540	406	
Zinc, Zn....mg	0.07		0	BFZN	4		0.17	0.13	
Copper, Cu....mg	0.018		0	BFZN	4		0.044	0.033	
Manganese, Mn....mg	0.018		0	BFZN	4		0.042	0.032	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.017		0	BFZN	4		0.041	0.031	
Riboflavin....mg	0.006		0	BFZN	4		0.014	0.011	
Niacin....mg	0.175		0	BFZN	4		0.423	0.318	
Pantothenic acid....mg	0.078		0	BFZN	4		0.190	0.143	
Vitamin B-6....mg	0.021		0	BFZN	4		0.052	0.039	
Folate, total....mcg	1		0	BFZN	4		2	2	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	1		0	BFZN	4		2	2	
Folate, DFE....mcg_DFE	1		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	3	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	14		0	BFZN	4		34	26	
Carotene, alpha....mcg	9		0	BFZN	4		22	17	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	31		0	BFZN	4		75	57	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	197		0	BFZN	4		477	359	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05	0.04	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.025		0	BFZN	4		0.061	0.046	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.022		0	BFZN	4		0.053	0.040	
17:0 ... g									
18:0 ... g	0.003		0	BFZN	4		0.007	0.005	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.048		0	BFZN	4		0.117	0.088	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	BFZN	4		0.001	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.048		0	BFZN	4		0.116	0.087	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated ... g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated ... g	0.002		0	BFZN	4		0.006	0.004	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0	BFZN	4		0.024	0.018	
Threonine ... g	0.053		0	BFZN	4		0.129	0.097	
Isoleucine ... g	0.051		0	BFZN	4		0.123	0.092	
Leucine ... g	0.174		0	BFZN	4		0.421	0.317	
Lysine ... g	0.040		0	BFZN	4		0.097	0.073	
Methionine ... g	0.030		0	BFZN	4		0.072	0.054	
Cystine ... g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine ... g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine ... g	0.058		0	BFZN	4		0.140	0.105	
Valine ... g	0.072		0	BFZN	4		0.174	0.131	
Arginine ... g	0.071		0	BFZN	4		0.171	0.129	
Histidine ... g	0.043		0	BFZN	4		0.105	0.079	
Alanine ... g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid ... g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid ... g	0.266		0	BFZN	4		0.645	0.485	
Glycine ... g	0.058		0	BFZN	4		0.141	0.106	
Proline ... g	0.124		0	BFZN	4		0.299	0.225	
Serine ... g	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08105

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.55	0.279	26	A	1		207.71	12.90	154.92
Energy	kcal	55		0	NC	4		132	8	99
Energy	kJ	231		0	NC	4		554	34	413
Protein (N x 5.7)	g	1.82	0.048	26	A	1		4.36	0.27	3.25
Total lipid (fat)	g	0.34	0.025	26	A	1		0.82	0.05	0.61
Ash	g	0.38	0.023	26	A	1		0.91	0.06	0.68
Carbohydrate, by difference	g	10.92		0	NC	4		26.20	1.63	19.54
Fiber, total dietary	g	0.8	0.137	26	A	1		1.9	0.1	1.4
Sugars, total	g	0.76	0.264	20	A	1		1.83	0.11	1.36
Sucrose	g	0.07	0.000	20	A	1		0.18	0.01	0.13
Glucose (dextrose)	g	0.00	0.000	20	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	20	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	20	A	1		0.00	0.00	0.00
Maltose	g	0.69	0.264	20	A	1		1.65	0.10	1.23
Galactose	g	0.00	0.000	20	A	1		0.00	0.00	0.00
Starch	g	10.60	0.581	25	A	1		25.44	1.58	18.97
Minerals:										
Calcium, Ca	mg	97	6.959	26	A	1		234	15	174
Iron, Fe	mg	5.33	0.213	26	A	1		12.80	0.79	9.55
Magnesium, Mg	mg	7	0.226	26	A	1		17	1	13
Phosphorus, P	mg	37	2.459	26	A	1		88	5	66
Potassium, K	mg	23	0.474	26	A	1		56	3	42
Sodium, Na	mg	18	3.560	26	A	1		42	3	31
Zinc, Zn	mg	0.23	0.009	26	A	1		0.55	0.03	0.41
Copper, Cu	mg	0.041	0.002	26	A	1		0.099	0.006	0.074
Manganese, Mn	mg	0.196	0.009	26	A	1		0.471	0.029	0.351
Selenium, Se	mcg	12.8		1	A	1		30.7	1.9	22.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	26	A	1		0.0	0.0	0.0
Thiamin	mg	0.126	0.013	26	A	1		0.303	0.019	0.226
Riboflavin	mg	0.065	0.009	26	A	1		0.157	0.010	0.117
Niacin	mg	1.493	0.227	25	A	1		3.584	0.222	2.673
Pantothenic acid	mg	0.256	0.018	26	A	1		0.614	0.038	0.458
Vitamin B-6	mg	0.096	0.020	26	A	1		0.230	0.014	0.171
Folate, total	mcg	77	14.893	26	A	1		185	11	138
Folic acid	mcg	60	13.662	26	A	1		145	9	108
Folate, food	mcg	17	1.738	26	AS	1		40	3	30
Folate, DFE	mcg_DFE	119		0	NC	4		286	18	213
Choline, total	mg	3.5		0	AS	1		8.3	0.5	6.2
Betaine	mg	6.9		1	A	1		16.5	1.0	12.3
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.04	0.003	26	A	1		0.10	0.01	0.08
Tocopherol, beta	mg	0.02	0.001	26	A	1		0.04	0.00	0.03
Tocopherol, gamma	mg	0.16	0.004	26	A	1		0.38	0.02	0.28
Tocopherol, delta	mg	0.00	0.000	26	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	16	A	1		0.0	0.0	0.0

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Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.066		0	NC	4		0.158	0.010	0.118
4:0....g	0.000	0.000	23	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	24	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	25	A	1		0.001	0.000	0.001
13:0....g									
14:0....g	0.001	0.000	25	A	1		0.002	0.000	0.002
15:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
16:0....g	0.056	0.002	25	A	1		0.134	0.008	0.100
17:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
18:0....g	0.008	0.001	25	A	1		0.019	0.001	0.014
20:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	25	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.038		0	NC	4		0.091	0.006	0.068
14:1....g	0.000	0.000	25	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	25	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.001		0	AS	1		0.002	0.000	0.001
16:1 c....g	0.001	0.000	25	A	1		0.002	0.000	0.001
16:1 t....g									
17:1....g	0.000	0.000	25	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.036		0	AS	1		0.086	0.005	0.064
18:1 c....g	0.036	0.002	25	A	1		0.086	0.005	0.064
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	25	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	25	A	1		0.003	0.000	0.003
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	25	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	25	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	25	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated....g	0.126		0	NC	4		0.302	0.019	0.225
18:2 undifferentiated....g	0.119		0	AS	1		0.286	0.018	0.214
18:2 n-6 c,c....g	0.089	0.011	25	A	1		0.214	0.013	0.160
18:2 CLAs....g	0.000	0.000	25	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.011	25	A	1		0.072	0.004	0.054
18:3 undifferentiated....g	0.007		0	AS	1		0.016	0.001	0.012
18:3 n-3 c,c,c (ALA)....g	0.007	0.000	25	A	1		0.016	0.001	0.012
18:3 n-6 c,c,c....g	0.000	0.000	25	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	25	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	25	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	25	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	25	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	25	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	25	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	25	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	25	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	25	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.030		0	NC	4		0.072	0.004	0.054
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.072	0.004	0.054
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									

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Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.020		0	A	1		0.049	0.003	0.036
Threonine.....g	0.051		0	A	1		0.122	0.008	0.091
Isoleucine.....g	0.077		0	A	1		0.185	0.011	0.138
Leucine.....g	0.151		0	A	1		0.362	0.022	0.270
Lysine.....g	0.092		0	A	1		0.222	0.014	0.165
Methionine.....g	0.038		0	A	1		0.091	0.006	0.068
Cystine.....g	0.042		0	A	1		0.101	0.006	0.075
Phenylalanine.....g	0.107		0	A	1		0.257	0.016	0.192
Tyrosine.....g	0.071		0	A	1		0.170	0.011	0.127
Valine.....g	0.103		0	A	1		0.247	0.015	0.184
Arginine.....g	0.074		0	A	1		0.178	0.011	0.133
Histidine.....g	0.041		0	A	1		0.097	0.006	0.073
Alanine.....g	0.082		0	A	1		0.196	0.012	0.146
Aspartic acid.....g	0.107		0	A	1		0.256	0.016	0.191
Glutamic acid.....g	0.755		0	A	1		1.812	0.113	1.352
Glycine.....g	0.086		0	A	1		0.208	0.013	0.155
Proline.....g	0.350		0	A	1		0.839	0.052	0.626
Serine.....g	0.115		0	A	1		0.276	0.017	0.206
Hydroxyproline.....g	0.000	0.000	21	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 14.9g: 1 tbsp

Measure 3 = 179g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.08	0.222	11	A	1		19.50	1.22	
Energy....kcal	360		0	NC	4		634	40	
Energy....kJ	1508		0	NC	4		2653	166	
Protein (N x 5.7)....g	11.60	0.135	11	A	1		20.41	1.28	
Total lipid (fat)....g	1.41	0.066	11	A	1		2.48	0.16	
Ash....g	2.72	0.272	11	A	1		4.79	0.30	
Carbohydrate, by difference....g	73.19		0	NC	4		128.82	8.05	
Fiber, total dietary....g	4.2	0.210	11	A	1		7.5	0.5	
Sugars, total....g	0.56	0.042	11	A	1		0.99	0.06	
Sucrose....g	0.42	0.018	11	A	1		0.74	0.05	
Glucose (dextrose)....g	0.00	0.000	11	A	1		0.00	0.00	
Fructose....g	0.00	0.000	11	A	1		0.00	0.00	
Lactose....g	0.00	0.000	11	A	1		0.00	0.00	
Maltose....g	0.14	0.033	11	A	1		0.25	0.02	
Galactose....g	0.00	0.000	11	A	1		0.00	0.00	
Starch....g	67.32	0.307	11	A	1		118.48	7.40	
Minerals:									
Calcium, Ca....mg	711	76.515	11	A	1		1252	78	
Iron, Fe....mg	33.39	2.170	11	A	1		58.77	3.67	
Magnesium, Mg....mg	45	0.821	11	A	1		80	5	
Phosphorus, P....mg	252	36.285	11	A	1		444	28	
Potassium, K....mg	153	2.976	11	A	1		270	17	
Sodium, Na....mg	124	50.187	11	A	1		219	14	
Zinc, Zn....mg	1.32	0.026	11	A	1		2.32	0.14	
Copper, Cu....mg	0.203	0.004	11	A	1		0.358	0.022	
Manganese, Mn....mg	1.298	0.043	11	A	1		2.285	0.143	
Selenium, Se....mcg	20.0		0	BFZN	4		35.2	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	11	A	1		0.0	0.0	
Thiamin....mg	1.009	0.135	11	A	1		1.776	0.111	
Riboflavin....mg	0.563	0.090	11	A	1		0.990	0.062	
Niacin....mg	13.700	3.372	11	A	1		24.112	1.507	
Pantothenic acid....mg	0.607	0.014	11	A	1		1.069	0.067	
Vitamin B-6....mg	0.463	0.253	10	A	1		0.815	0.051	
* Folate, total....mcg	121		1	LC	8		213	13	
Folic acid....mcg	87		0	NC	4		153	10	
Folate, food....mcg	34	4.850	4		1		60	4	
Folate, DFE....mcg_DFE	182		0	NC	4		320	20	
Choline, total....mg	23.1		0	BFZN	4		40.7	2.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	16		0	FLM	4		28	2	
Vitamin E (alpha-tocopherol)....mg	0.33	0.011	11	A	1		0.59	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.10	0.002	11	A	1		0.18	0.01	
Tocopherol, gamma....mg	1.06	0.021	11	A	1		1.86	0.12	
Tocopherol, delta....mg	0.00	0.002	11	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

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Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0	0.000	5	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.232		0	NC	4		0.408	0.026	
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.000	0.000	11	A	1		0.000	0.000	
10:0.....g	0.000	0.000	11	A	1		0.000	0.000	
12:0.....g	0.000	0.000	10	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.003	0.001	11	A	1		0.005	0.000	
15:0.....g	0.002	0.000	11	A	1		0.003	0.000	
16:0.....g	0.202	0.007	11	A	1		0.355	0.022	
17:0.....g	0.001	0.000	11	A	1		0.002	0.000	
18:0.....g	0.018	0.004	11	A	1		0.032	0.002	
20:0.....g	0.001	0.000	11	A	1		0.002	0.000	
22:0.....g	0.002	0.000	11	A	1		0.004	0.000	
24:0.....g	0.002	0.000	11	A	1		0.004	0.000	
Fatty acids, total monounsaturated.....g	0.150		0	NC	4		0.264	0.016	
14:1.....g	0.000	0.000	11	A	1		0.000	0.000	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002	0.001	11	AS	1		0.003	0.000	
16:1 c.....g	0.002	0.001	11	A	1		0.003	0.000	
16:1 t.....g									
17:1.....g	0.000	0.000	11	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.141	0.010	11	AS	1		0.249	0.016	
18:1 c.....g	0.139	0.008	11	A	1		0.245	0.015	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.002	0.001	11	A	1		0.004	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.006	0.000	11	A	1		0.011	0.001	
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.627		0	NC	4		1.103	0.069	
18:2 undifferentiated.....g	0.590	0.009	11	AS	1		1.039	0.065	
18:2 n-6 c,c.....g	0.590	0.009	11	A	1		1.038	0.065	
18:2 CLAs.....g	0.000	0.000	11	A	1		0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.036	0.001	11	AS	1		0.063	0.004	
18:3 n-3 c,c,c (ALA).....g	0.036	0.001	11	A	1		0.063	0.004	
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	11	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4		0.004	0.000	

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Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.004	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.193	0.012	
Threonine.....g	0.217		0	A	1		0.382	0.024	
Isoleucine.....g	0.418		0	A	1		0.736	0.046	
Leucine.....g	0.851		0	A	1		1.498	0.094	
Lysine.....g	0.295		0	A	1		0.518	0.032	
Methionine.....g	0.185		0	A	1		0.325	0.020	
Cystine.....g	0.164		0	A	1		0.288	0.018	
Phenylalanine.....g	0.565		0	A	1		0.995	0.062	
Tyrosine.....g	0.171		0	A	1		0.301	0.019	
Valine.....g	0.519		0	A	1		0.913	0.057	
Arginine.....g	0.460		0	A	1		0.809	0.051	
Histidine.....g	0.254		0	A	1		0.447	0.028	
Alanine.....g	0.371		0	A	1		0.653	0.041	
Aspartic acid.....g	0.537		0	A	1		0.944	0.059	
Glutamic acid.....g	4.115		0	A	1		7.243	0.453	
Glycine.....g	0.457		0	A	1		0.805	0.050	
Proline.....g	1.811		0	A	1		3.187	0.199	
Serine.....g	0.602		0	A	1		1.060	0.066	
Hydroxyproline.....g	0.000	0.000	10	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 11.0g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08173

Cereals, farina, enriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.55		0	BFZN	4		201.65		
Energy	kcal	53		0	BFZN	4		123		
Energy	kJ	220		0	BFZN	4		513		
Protein (N x 5.7)	g	1.82		0	BFZN	4		4.23		
Total lipid (fat)	g	0.34		0	BFZN	4		0.79		
Ash	g	0.38		0	BFZN	4		0.89		
Carbohydrate, by difference	g	10.92		0	BFZN	4		25.44		
Fiber, total dietary	g	0.8		0	BFZN	4		1.8		
Sugars, total	g	0.76		0	BFZN	4		1.78		
Sucrose	g	0.07		0	BFZN	4		0.17		
Glucose (dextrose)	g	0.00		0	BFZN	4		0.00		
Fructose	g	0.00		0	BFZN	4		0.00		
Lactose	g	0.00		0	BFZN	4		0.00		
Maltose	g	0.69		0	BFZN	4		1.60		
Galactose	g	0.00		0	BFZN	4		0.00		
Starch	g	10.60		0	BFZN	4		24.70		
Minerals:										
Calcium, Ca	mg	97		0	BFZN	4		227		
Iron, Fe	mg	5.33		0	BFZN	4		12.43		
Magnesium, Mg	mg	7		0	BFZN	4		16		
Phosphorus, P	mg	37		0	BFZN	4		85		
Potassium, K	mg	23		0	BFZN	4		54		
Sodium, Na	mg	126		0	RP	4		294		
Zinc, Zn	mg	0.23		0	BFZN	4		0.53		
Copper, Cu	mg	0.041		0	BFZN	4		0.096		
Manganese, Mn	mg	0.196		0	BFZN	4		0.457		
Selenium, Se	mcg	3.0		0	BFZN	4		7.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.126		0	BFZN	4		0.294		
Riboflavin	mg	0.065		0	BFZN	4		0.152		
Niacin	mg	1.493		0	BFZN	4		3.479		
Pantothenic acid	mg	0.256		0	BFZN	4		0.596		
Vitamin B-6	mg	0.096		0	BFZN	4		0.223		
Folate, total	mcg	77		0	BFZN	4		179		
* Folic acid	mcg	60		0	BFZN	4		140		
Folate, food	mcg	17		0	BFZN	4		39		
Folate, DFE	mcg_DFE	119		0	NC	4		278		
Choline, total	mg	3.5		0	BFZN	4		8.1		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	2		0	BFZN	4		5		
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	4		0.10		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg	0.02		0	BFZN	4		0.04		
Tocopherol, gamma	mg	0.16		0	BFZN	4		0.37		
Tocopherol, delta	mg	0.00		0	BFZN	4		0.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08173
Cereals, farina, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.066		0	BFZN	4		0.153		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.001		
13:0.....g									
14:0.....g	0.001		0	BFZN	4		0.002		
15:0.....g									
16:0.....g	0.056		0	BFZN	4		0.130		
17:0.....g									
18:0.....g	0.008		0	BFZN	4		0.019		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.038		0	BFZN	4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.002		
16:1 c.....g	0.001		0	BFZN	4		0.002		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.036		0	BFZN	4		0.083		
18:1 c.....g	0.036		0	BFZN	4		0.083		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.001		0	BFZN	4		0.003		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
22:1 c.....g	0.000		0	BFZN	4		0.000		
22:1 t.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g	0.000		0	BFZN	4		0.001		
Fatty acids, total polyunsaturated.....g	0.126		0	BFZN	4		0.293		
18:2 undifferentiated.....g	0.119		0	BFZN	4		0.278		
18:2 n-6 c,c.....g	0.089		0	BFZN	4		0.208		
18:2 CLAs.....g	0.000		0	BFZN	4		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030		0	BFZN	4		0.070		
18:3 undifferentiated.....g	0.007		0	BFZN	4		0.015		
18:3 n-3 c,c,c (ALA).....g	0.007		0	BFZN	4		0.015		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:3 n-3.....g	0.000		0	BFZN	4		0.000		
20:3 n-6.....g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.030		0	BFZN	4		0.070		

NDB No. 08173

Cereals, farina, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.030		0	BFZN	4		0.070		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	BFZN	4		0.047		
Threonine.....g	0.051		0	BFZN	4		0.118		
Isoleucine.....g	0.076		0	BFZN	4		0.178		
Leucine.....g	0.150		0	BFZN	4		0.349		
Lysine.....g	0.092		0	BFZN	4		0.215		
Methionine.....g	0.037		0	BFZN	4		0.087		
Cystine.....g	0.042		0	BFZN	4		0.098		
Phenylalanine.....g	0.106		0	BFZN	4		0.248		
Tyrosine.....g	0.070		0	BFZN	4		0.164		
Valine.....g	0.102		0	BFZN	4		0.238		
Arginine.....g	0.074		0	BFZN	4		0.173		
Histidine.....g	0.040		0	BFZN	4		0.094		
Alanine.....g	0.081		0	BFZN	4		0.188		
Aspartic acid.....g	0.106		0	BFZN	4		0.246		
Glutamic acid.....g	0.751		0	BFZN	4		1.749		
Glycine.....g	0.086		0	BFZN	4		0.200		
Proline.....g	0.344		0	BFZN	4		0.803		
Serine.....g	0.114		0	BFZN	4		0.266		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08113

Cereals, farina, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.55	0.279	26	A	1		207.71	12.98	
Energy....kcal	53		0	NC	4		126	8	
Energy....kJ	220		0	NC	4		528	33	
Protein (N x 5.7)....g	1.82	0.048	26	A	1		4.36	0.27	
Total lipid (fat)....g	0.34	0.025	26	A	1		0.82	0.05	
Ash....g	0.38	0.023	26	A	1		0.91	0.06	
Carbohydrate, by difference....g	10.92		0	NC	4		26.20	1.64	
Fiber, total dietary....g	0.8	0.137	26	A	1		1.9	0.1	
Sugars, total....g	0.76	0.264	20	A	1		1.83	0.11	
Sucrose....g	0.07	0.000	20	A	1		0.18	0.01	
Glucose (dextrose)....g	0.00	0.000	20	A	1		0.00	0.00	
Fructose....g	0.00	0.000	20	A	1		0.00	0.00	
Lactose....g	0.00	0.000	20	A	1		0.00	0.00	
Maltose....g	0.69	0.264	20	A	1		1.65	0.10	
Galactose....g	0.00	0.000	20	A	1		0.00	0.00	
Starch....g	10.60	0.581	25	A	1		25.44	1.59	
Minerals:									
Calcium, Ca....mg	97	6.959	26	A	1		234	15	
Iron, Fe....mg	5.33	0.213	26	A	1		12.80	0.80	
Magnesium, Mg....mg	7	0.226	26	A	1		17	1	
Phosphorus, P....mg	37	2.459	26	A	1		88	5	
Potassium, K....mg	23	0.474	26	A	1		56	3	
Sodium, Na....mg	18	3.560	26	A	1		42	3	
Zinc, Zn....mg	0.23	0.009	26	A	1		0.55	0.03	
Copper, Cu....mg	0.041	0.002	26	A	1		0.099	0.006	
Manganese, Mn....mg	0.196	0.009	26	A	1		0.471	0.029	
Selenium, Se....mcg	3.0		0	BFSN	4		7.3	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	26	A	1		0.0	0.0	
Thiamin....mg	0.126	0.013	26	A	1		0.303	0.019	
Riboflavin....mg	0.065	0.009	26	A	1		0.157	0.010	
Niacin....mg	1.493	0.227	25	A	1		3.584	0.224	
Pantothenic acid....mg	0.256	0.018	26	A	1		0.614	0.038	
Vitamin B-6....mg	0.096	0.020	26	A	1		0.230	0.014	
Folate, total....mcg	77	14.893	26	A	1		185	12	
Folic acid....mcg	60	13.662	26	A	1		145	9	
Folate, food....mcg	17	1.738	26	AS	1		40	3	
Folate, DFE....mcg_DFE	119		0	NC	4		286	18	
Choline, total....mg	3.5		0	BFSY	4		8.4	0.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFSY	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	BFSY	4		0	0	
Carotene, alpha....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin....mcg	2		0	BFSY	4		5	0	
Vitamin E (alpha-tocopherol)....mg	0.04	0.003	26	A	1		0.10	0.01	
Vitamin E, added....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta....mg	0.02	0.001	26	A	1		0.04	0.00	
Tocopherol, gamma....mg	0.16	0.004	26	A	1		0.38	0.02	
Tocopherol, delta....mg	0.00	0.000	26	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	

NDB No. 08113

Cereals, farina, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0	0.000	16	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.066		0	NC	4		0.158	0.010	
4:0....g	0.000	0.000	23	A	1		0.000	0.000	
6:0....g	0.000	0.000	25	A	1		0.000	0.000	
8:0....g	0.000	0.000	25	A	1		0.000	0.000	
10:0....g	0.000	0.000	24	A	1		0.000	0.000	
12:0....g	0.000	0.000	25	A	1		0.001	0.000	
13:0....g									
14:0....g	0.001	0.000	25	A	1		0.002	0.000	
15:0....g	0.000	0.000	25	A	1		0.000	0.000	
16:0....g	0.056	0.002	25	A	1		0.134	0.008	
17:0....g	0.000	0.000	25	A	1		0.000	0.000	
18:0....g	0.008	0.001	25	A	1		0.019	0.001	
20:0....g	0.000	0.000	25	A	1		0.000	0.000	
22:0....g	0.000	0.000	25	A	1		0.000	0.000	
24:0....g	0.000	0.000	25	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.038		0	NC	4		0.091	0.006	
14:1....g	0.000	0.000	25	A	1		0.000	0.000	
15:1....g	0.000	0.000	25	A	1		0.000	0.000	
16:1 undifferentiated....g	0.001		0	AS	1		0.002	0.000	
16:1 c....g	0.001	0.000	25	A	1		0.002	0.000	
16:1 t....g									
17:1....g	0.000	0.000	25	A	1		0.000	0.000	
18:1 undifferentiated....g	0.036		0	AS	1		0.086	0.005	
18:1 c....g	0.036	0.002	25	A	1		0.086	0.005	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	25	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	25	A	1		0.003	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	25	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	25	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	25	A	1		0.001	0.000	
Fatty acids, total polyunsaturated....g	0.126		0	NC	4		0.302	0.019	
18:2 undifferentiated....g	0.119		0	AS	1		0.286	0.018	
18:2 n-6 c,c....g	0.089	0.011	25	A	1		0.214	0.013	
18:2 CLAs....g	0.000	0.000	25	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.011	25	A	1		0.072	0.005	
18:3 undifferentiated....g	0.007		0	AS	1		0.016	0.001	
18:3 n-3 c,c,c (ALA)....g	0.007	0.000	25	A	1		0.016	0.001	
18:3 n-6 c,c,c....g	0.000	0.000	25	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	25	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	25	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	25	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	25	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	25	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	25	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	25	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	25	A	1		0.000	0.000	

NDB No. 08113

Cereals, farina, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	25	A	1		0.000	0.000	
Fatty acids, total trans....g	0.030		0	NC	4		0.072	0.005	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.072	0.005	
Cholesterol....mg	0		0	BFSN	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.048	0.003	
Threonine....g	0.051		0	A	1		0.121	0.008	
Isoleucine....g	0.076		0	A	1		0.184	0.011	
Leucine....g	0.150		0	A	1		0.359	0.022	
Lysine....g	0.092		0	A	1		0.221	0.014	
Methionine....g	0.037		0	A	1		0.090	0.006	
Cystine....g	0.042		0	A	1		0.101	0.006	
Phenylalanine....g	0.106		0	A	1		0.255	0.016	
Tyrosine....g	0.070		0	A	1		0.169	0.011	
Valine....g	0.102		0	A	1		0.245	0.015	
Arginine....g	0.074		0	A	1		0.178	0.011	
Histidine....g	0.040		0	A	1		0.097	0.006	
Alanine....g	0.081		0	A	1		0.194	0.012	
Aspartic acid....g	0.106		0	A	1		0.254	0.016	
Glutamic acid....g	0.751		0	A	1		1.802	0.113	
Glycine....g	0.086		0	A	1		0.206	0.013	
Proline....g	0.344		0	A	1		0.827	0.052	
Serine....g	0.114		0	A	1		0.274	0.017	
Hydroxyproline....g	0.000	0.000	21	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	BFSY	4		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.05 **Fat** .837 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08172
Cereals, farina, unenriched, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.50	0.164	107		1		18.48	1.14	
Energy....kcal	369		0	NC	4		649	40	
Energy....kJ	1544				4		2717	168	
Protein (N x 5.7)....g	10.60	0.074	122		1		18.66	1.16	
Total lipid (fat)....g	0.50	0.013	61		1		0.88	0.05	
Ash....g	0.40	0.034	114		1		0.70	0.04	
Carbohydrate, by difference....g	78.00		0	NC	4		137.28	8.50	
Fiber, total dietary....g	1.9		0		4		3.3	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.215	16		1		25	2	
Iron, Fe....mg	1.50		1		1		2.64	0.16	
Magnesium, Mg....mg	13	0.255	16		1		23	1	
Phosphorus, P....mg	88	2.068	16		1		155	10	
Potassium, K....mg	94	4.163	16		1		165	10	
Sodium, Na....mg	3	0.188	43		1		5	0	
Zinc, Zn....mg	0.53	0.015	22		1		0.93	0.06	
Copper, Cu....mg	0.079	0.009	20		1		0.139	0.009	
Manganese, Mn....mg	0.693		10		1		1.220	0.076	
Selenium, Se....mcg	23.5		0	BFSN	4		41.4	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.060		1		1		0.106	0.007	
Riboflavin....mg	0.100		1		1		0.176	0.011	
Niacin....mg	0.700		1		1		1.232	0.076	
Pantothenic acid....mg	0.416	0.045	12		1		0.732	0.045	
Vitamin B-6....mg	0.058		2		1		0.102	0.006	
Folate, total....mcg	24		1		1		42	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24		0	NC	4		42	3	
Folate, DFE....mcg_DFE	24		0	NC	4		42	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.11		0		1		0.19	0.01	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.080		0		1		0.141	0.009	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 08172
Cereals, farina, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFZN	4		0.000	0.000	
12:0 g	0.000		0	BFZN	4		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.070		1		1		0.123	0.008	
17:0 g									
18:0 g	0.010		1		1		0.018	0.001	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.060		0		1		0.106	0.007	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.060		1		1		0.106	0.007	
20:1 g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.220		0		1		0.387	0.024	
18:2 undifferentiated g	0.200		1		1		0.352	0.022	
18:3 undifferentiated g	0.020		1		1		0.035	0.002	
18:4 g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0		1		0.239	0.015	
Threonine g	0.280		0		1		0.493	0.031	
Isoleucine g	0.409		0		1		0.720	0.045	
Leucine g	0.724		0		1		1.274	0.079	
Lysine g	0.203		0		1		0.357	0.022	
Methionine g	0.165		0		1		0.290	0.018	
Cystine g	0.299		0		1		0.526	0.033	
Phenylalanine g	0.514		0		1		0.905	0.056	
Tyrosine g	0.278		0		1		0.489	0.030	
Valine g	0.451		0		1		0.794	0.049	
Arginine g	0.390		0		1		0.686	0.043	
Histidine g	0.215		0		1		0.378	0.023	
Alanine g	0.311		0		1		0.547	0.034	
Aspartic acid g	0.433		0		1		0.762	0.047	
Glutamic acid g	3.817		0		1		6.718	0.416	
Glycine g	0.335		0		1		0.590	0.037	
Proline g	1.165		0		1		2.050	0.127	
Serine g	0.499		0		1		0.878	0.054	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08172
Cereals, farina, unenriched, dry

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 10.9g: 1 tbsp

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08122
Cereals, oats, instant, fortified, plain, dry

instant oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.37		2	A	1		2.90		
Energy	kcal	375		0	NC	4		105		
Energy	kJ	1567		0	NC	4		439		
Protein (N x 5.83)	g	12.72		2	A	1		3.56		
Total lipid (fat)	g	6.25		2	A	1		1.75		
Ash	g	3.10		2	A	1		0.87		
Carbohydrate, by difference	g	67.55		0	NC	4		18.91		
Fiber, total dietary	g	10.0		2	A	1		2.8		
Sugars, total	g	1.51		2	A	1		0.42		
Sucrose	g	1.38		2	A	1		0.39		
Glucose (dextrose)	g	0.00		2	A	1		0.00		
Fructose	g	0.00		2	A	1		0.00		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.13		2	A	1		0.04		
Starch	g	56.65		2	A	1		15.86		
Minerals:										
* Calcium, Ca	mg	352		1	A	1		99		
* Iron, Fe	mg	29.27		2	A	1		8.20		
Magnesium, Mg	mg	138		2	A	1		39		
Phosphorus, P	mg	424		2	A	1		119		
Potassium, K	mg	359		2	A	1		101		
Sodium, Na	mg	258		2	A	1		72		
Zinc, Zn	mg	3.54		2	A	1		0.99		
Copper, Cu	mg	0.374		2	A	1		0.105		
Manganese, Mn	mg	2.920		2	A	1		0.818		
Selenium, Se	mcg	26.8		2	A	1		7.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
* Thiamin	mg	2.050		2	A	1		0.574		
* Riboflavin	mg	1.200		2	A	1		0.336		
* Niacin	mg	16.550		2	A	1		4.634		
Pantothenic acid	mg	1.100		2	A	1		0.308		
* Vitamin B-6	mg	1.600		2	A	1		0.448		
Folate, total	mcg	286		0	LC	8		80		
Folic acid	mcg	254		0	O	4		71		
Folate, food	mcg	32		0	NC	4		9		
Folate, DFE	mcg_DFE	464		0	NC	4		130		
Choline, total	mg	40.6		0	BFSN	4		11.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	O	4		0.00		
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00		
Vitamin A, RAE	mcg_RAE	1072		0	NC	4		300		
Retinol	mcg	1072		0	NR	4		300		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
* Vitamin A, IU	IU	3571		1	LC	8		1000		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.47		2	A	1		0.13		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.03		2	A	1		0.01		
Tocopherol, gamma	mg	0.18		2	A	1		0.05		
Tocopherol, delta	mg	0.05		2	A	1		0.01		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08122
Cereals, oats, instant, fortified, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	1.9		2	A	1		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.537		0	NC	4		0.430		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0	A	1		0.000		
13:0.....g									
14:0.....g	0.021		1	A	1		0.006		
15:0.....g	0.002		1	A	1		0.001		
16:0.....g	1.379		1	A	1		0.386		
17:0.....g	0.004		1	A	1		0.001		
18:0.....g	0.113		1	A	1		0.032		
20:0.....g	0.010		1	A	1		0.003		
22:0.....g	0.009		1	A	1		0.002		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.129		0	NC	4		0.596		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.013		0	AS	1		0.004		
16:1 c.....g	0.013		1	A	1		0.004		
16:1 t.....g									
17:1.....g	0.003		1	A	1		0.001		
18:1 undifferentiated.....g	2.068		0	AS	1		0.579		
18:1 c.....g	2.064		1	A	1		0.578		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.004		1	A	1		0.001		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.045		1	A	1		0.013		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.426		0	NC	4		0.679		
18:2 undifferentiated.....g	2.350		0	AS	1		0.658		
18:2 n-6 c,c.....g	2.346		1	A	1		0.657		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.004		1	A	1		0.001		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.076		0	AS	1		0.021		
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1		0.021		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g	0.008		0	NC	4		0.002		
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.001		
Cholesterol.....mg	0		0	LC	8		0		

NDB No. 08122
Cereals, oats, instant, fortified, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	A	1		0.050		
Threonine....g	0.366		0	A	1		0.102		
Isoleucine....g	0.495		0	A	1		0.139		
Leucine....g	0.960		0	A	1		0.269		
Lysine....g	0.675		0	A	1		0.189		
Methionine....g	0.215		0	A	1		0.060		
Cystine....g	0.435		0	A	1		0.122		
Phenylalanine....g	0.660		0	A	1		0.185		
Tyrosine....g	0.380		0	A	1		0.107		
Valine....g	0.705		0	A	1		0.197		
Arginine....g	0.839		0	A	1		0.235		
Histidine....g	0.285		0	A	1		0.080		
Alanine....g	0.555		0	A	1		0.155		
Aspartic acid....g	1.166		0	A	1		0.327		
Glutamic acid....g	2.730		0	A	1		0.764		
Glycine....g	0.631		0	A	1		0.177		
Proline....g	0.389		0	A	1		0.109		
Serine....g	0.629		0	A	1		0.176		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

instant oatmeal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.03	1.077	4	A	1		196.64	421.01	
Energy	kcal	68		0	NC	4		158	339	
Energy	kJ	283		0	NC	4		662	1418	
Protein (N x 5.83)	g	2.37	0.120	4	A	1		5.55	11.88	
Total lipid (fat)	g	1.36	0.065	4	A	1		3.18	6.81	
Ash	g	0.56	0.040	4	A	1		1.32	2.83	
Carbohydrate, by difference	g	11.67		0	NC	4		27.30	58.46	
Fiber, total dietary	g	1.7	0.165	4	A	1		4.1	8.8	
Sugars, total	g	0.46	0.064	4	A	1		1.08	2.30	
Sucrose	g	0.29	0.023	4	A	1		0.69	1.48	
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00	0.00	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.16	0.054	4	A	1		0.39	0.83	
Starch	g	10.37	0.386	4	A	1		24.28	51.98	
Minerals:										
Calcium, Ca	mg	80		2	A	1		187	400	
Iron, Fe	mg	5.96	0.168	4	A	1		13.95	29.86	
Magnesium, Mg	mg	26	1.009	4	A	1		61	131	
Phosphorus, P	mg	77	4.111	4	A	1		180	385	
Potassium, K	mg	61	3.672	4	A	1		143	307	
Sodium, Na	mg	49	2.624	4	A	1		115	247	
Zinc, Zn	mg	0.62	0.089	4	A	1		1.46	3.12	
Copper, Cu	mg	0.066	0.007	4	A	1		0.154	0.331	
Manganese, Mn	mg	0.558	0.052	4	A	1		1.305	2.794	
Selenium, Se	mcg	5.0	0.382	4	A	1		11.8	25.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin	mg	0.260	0.011	4	A	1		0.608	1.302	
Riboflavin	mg	0.215	0.062	4	A	1		0.503	1.077	
Niacin	mg	3.025	0.138	4	A	1		7.078	15.155	
Pantothenic acid	mg	0.317	0.043	4	A	1		0.743	1.590	
Vitamin B-6	mg	0.290	0.009	4	A	1		0.679	1.453	
Folate, total	mcg	44	3.473	4	A	1		104	222	
* Folic acid	mcg	39		0	NC	4		91	194	
Folate, food	mcg	6		0	RPI	6		13	28	
Folate, DFE	mcg_DFE	71		0	NC	4		167	357	
Choline, total	mg	7.1		0	RPI	6		16.5	35.4	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	186		0	RPI	6		436	934	
Retinol	mcg	186		0	RPI	6		436	934	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	621		0	RPI	6		1453	3112	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.07	0.004	4	A	1		0.16	0.35	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg	0.01	0.003	4	A	1		0.02	0.04	
Tocopherol, gamma	mg	0.03	0.008	4	A	1		0.08	0.16	
Tocopherol, delta	mg	0.01	0.006	4	A	1		0.02	0.05	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.4	0.062	4	A	1		1.0	2.2	
Lipids:									
Fatty acids, total saturated.....g	0.267		0	RPI	6		0.625	1.339	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.004		0	RPI	6		0.008	0.018	
15:0.....g	0.000		0	RPA	1		0.001	0.002	
16:0.....g	0.240		0	RPI	6		0.561	1.201	
17:0.....g	0.001		0	RPA	1		0.001	0.003	
18:0.....g	0.020		0	RPI	6		0.046	0.098	
20:0.....g	0.002		0	RPA	1		0.004	0.009	
22:0.....g	0.001		0	RPA	1		0.003	0.007	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.370		0	RPI	6		0.866	1.855	
14:1.....g	0.000		0	RPA	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RPI	6		0.005	0.012	
16:1 c.....g	0.002		0	RPA	1		0.005	0.012	
16:1 t.....g									
17:1.....g	0.001		0	RPA	1		0.001	0.003	
18:1 undifferentiated.....g	0.360		0	RPI	6		0.842	1.802	
18:1 c.....g	0.359		0	RPA	1		0.840	1.798	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.001		0	RPA	1		0.002	0.004	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.008		0	RPI	6		0.018	0.039	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0	RPI	6		0.987	2.114	
18:2 undifferentiated.....g	0.409		0	RPI	6		0.956	2.047	
18:2 n-6 c,c.....g	0.408		0	RPA	1		0.955	2.044	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.001		0	RPA	1		0.001	0.003	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	RPI	6		0.031	0.066	
18:3 n-3 c,c,c (ALA).....g	0.013		0	RPA	1		0.031	0.066	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.001		0	RPI	6		0.003	0.007	
Fatty acids, total trans-monoenoic.....g	0.001		0	RPI	6		0.002	0.004	
Fatty acids, total trans-polyenoic.....g	0.001		0	RPI	6		0.001	0.003	
Cholesterol.....mg	0		0	RPI	6		0	0	

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.094	0.201	
Threonine....g	0.083		0	A	1		0.193	0.414	
Isoleucine....g	0.105		0	A	1		0.247	0.528	
Leucine....g	0.200		0	A	1		0.468	1.002	
Lysine....g	0.135		0	A	1		0.316	0.677	
Methionine....g	0.040		0	A	1		0.093	0.199	
Cystine....g	0.086		0	A	1		0.200	0.428	
Phenylalanine....g	0.130		0	A	1		0.304	0.651	
Tyrosine....g	0.085		0	A	1		0.198	0.424	
Valine....g	0.151		0	A	1		0.352	0.755	
Arginine....g	0.177		0	A	1		0.415	0.889	
Histidine....g	0.057		0	A	1		0.134	0.287	
Alanine....g	0.120		0	A	1		0.280	0.600	
Aspartic acid....g	0.272		0	A	1		0.636	1.362	
Glutamic acid....g	0.578		0	A	1		1.353	2.896	
Glycine....g	0.140		0	A	1		0.328	0.701	
Proline....g	0.101		0	A	1		0.237	0.508	
Serine....g	0.137		0	A	1		0.320	0.685	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup, cooked

Measure 2 = 501g: 1 cup, dry, yields

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08128

Cereals, oats, instant, fortified, with cinnamon and spice, dry

oatmeal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.56		0	MC	9		3.02		
Energy	kcal	370		0	MC	9		170		
Energy	kJ	1548		0	MC	9		712		
Protein (N x 5.83)	g	8.59		0	MC	9		3.95		
Total lipid (fat)	g	4.67		0	MC	9		2.15		
Ash	g	3.19		0	MC	9		1.47		
Carbohydrate, by difference	g	76.97		0	MC	9		35.41		
Fiber, total dietary	g	6.6		0	MC	9		3.0		
Sugars, total	g	33.70		0	MC	9		15.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	MC	9		110		
* Iron, Fe	mg	8.60		0	MC	9		3.96		
Magnesium, Mg	mg	89		0	MC	9		41		
Phosphorus, P	mg	300		0	MC	9		138		
Potassium, K	mg	251		0	MC	9		115		
Sodium, Na	mg	535		0	MC	9		246		
Zinc, Zn	mg	2.00		0	MC	9		0.92		
Copper, Cu	mg	0.210		0	MC	9		0.097		
Manganese, Mn	mg	2.770		0	MC	9		1.274		
Selenium, Se	mcg	21.7		0	FLM	4		10.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
* Thiamin	mg	0.710		0	MC	9		0.327		
* Riboflavin	mg	0.810		0	MC	9		0.373		
* Niacin	mg	9.560		0	MC	9		4.398		
Pantothenic acid	mg	0.450		0	MC	9		0.207		
* Vitamin B-6	mg	0.950		0	MC	9		0.437		
* Folate, total	mcg	191		0	MC	9		88		
Folic acid	mcg	168		0	NC	4		77		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	309		0	NC	4		142		
Choline, total	mg	24.8		0	FLM	4		11.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	718		0	NC	4		330		
Retinol	mcg	717		0	BNA	4		330		
Carotene, beta	mcg	0		0	BNA	4		0		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
* Vitamin A, IU	IU	2391		0	MC	9		1100		
Lycopene	mcg	0		0	BNA	4		0		
Lutein + zeaxanthin	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.42		0	NR	4		0.19		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.808		0	FLM	4		0.372		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 08128

Cereals, oats, instant, fortified, with cinnamon and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.000		0	FLM	4		0.000		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.016		0	FLM	4		0.007		
13:0 ... g									
14:0 ... g	0.009		0	FLM	4		0.004		
15:0 ... g									
16:0 ... g	0.735		0	FLM	4		0.338		
17:0 ... g									
18:0 ... g	0.048		0	FLM	4		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.670		0	FLM	4		0.768		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	1.661		0	FLM	4		0.764		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.380		0	FLM	4		0.635		
18:2 undifferentiated ... g	1.320		0	FLM	4		0.607		
18:3 undifferentiated ... g	0.060		0	FLM	4		0.027		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.80		0	BFZN	4		177.12	11.07	118.82
Energy	kcal	107		0	BFZN	4		258	16	173
Energy	kJ	450		0	BFZN	4		1079	67	724
Protein	g	2.40		0	BFZN	4		5.76	0.36	3.87
Total lipid (fat)	g	1.31		0	BFZN	4		3.13	0.20	2.10
Ash	g	0.96		0	BFZN	4		2.31	0.14	1.55
Carbohydrate, by difference	g	21.52		0	BFZN	4		51.66	3.23	34.65
Fiber, total dietary	g	1.8		0	BFZN	4		4.4	0.3	3.0
Sugars, total	g	9.42		0	BFZN	4		22.62	1.41	15.17
Starch	g									
Minerals:										
* Calcium, Ca	mg	69		0	BFZN	4		165	10	111
* Iron, Fe	mg	2.41		0	BFZN	4		5.78	0.36	3.88
Magnesium, Mg	mg	25		0	BFZN	4		61	4	41
Phosphorus, P	mg	84		0	BFZN	4		201	13	135
Potassium, K	mg	70		0	BFZN	4		168	11	113
Sodium, Na	mg	151		0	BFZN	4		363	23	243
Zinc, Zn	mg	0.56		0	BFZN	4		1.35	0.08	0.91
Copper, Cu	mg	0.064		0	BFZN	4		0.153	0.010	0.102
Manganese, Mn	mg	0.775		0	BFZN	4		1.860	0.116	1.248
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.1	0.0	0.0
* Thiamin	mg	0.179		0	BFZN	4		0.429	0.027	0.288
* Riboflavin	mg	0.215		0	BFZN	4		0.516	0.032	0.346
* Niacin	mg	2.540		0	BFZN	4		6.095	0.381	4.089
Pantothenic acid	mg	0.126		0	BFZN	4		0.302	0.019	0.203
* Vitamin B-6	mg	0.266		0	BFZN	4		0.638	0.040	0.428
* Folate, total	mcg	54		0	BFZN	4		128	8	86
Folic acid	mcg	47		0	BFZN	4		113	7	76
Folate, food	mcg	6		0	BFZN	4		15	1	10
Folate, DFE	mcg_DFE	86		0	NC	4		207	13	139
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	201		0	BFZN	4		482	30	323
Retinol	mcg	201		0	BFZN	4		481	30	323
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
* Vitamin A, IU	IU	669		0	BFZN	4		1605	100	1077
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.12		0	BFZN	4		0.28	0.02	0.19
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4		1.3	0.1	0.9
Lipids:										
Fatty acids, total saturated	g	0.226		0	BFZN	4		0.542	0.034	0.364
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 ... g	0.004		0	BFZN	4		0.011	0.001	0.007
13:0 ... g									
14:0 ... g	0.003		0	BFZN	4		0.006	0.000	0.004
15:0 ... g									
16:0 ... g	0.205		0	BFZN	4		0.493	0.031	0.331
17:0 ... g									
18:0 ... g	0.014		0	BFZN	4		0.033	0.002	0.022
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.467		0	BFZN	4		1.121	0.070	0.752
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1 ... g									
18:1 undifferentiated ... g	0.465		0	BFZN	4		1.115	0.070	0.748
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.386		0	BFZN	4		0.926	0.058	0.621
18:2 undifferentiated ... g	0.369		0	BFZN	4		0.886	0.055	0.594
18:3 undifferentiated ... g	0.017		0	BFZN	4		0.040	0.003	0.027
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	0		0	BFZN	4		0	0	0
Theobromine ... mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 161g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08132

Cereals, oats, instant, fortified, with raisins and spice, dry

instant oatmeal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.23		0	BFZN	4		3.54		
Energy	kcal	360		0	BFZN	4		155		
Energy	kJ	1507		0	BFZN	4		648		
Protein	g	7.76		0	BFZN	4		3.34		
Total lipid (fat)	g	4.27		0	BFZN	4		1.84		
Ash	g	3.42		0	BFZN	4		1.47		
Carbohydrate, by difference	g	76.31		0	BFZN	4		32.81		
Fiber, total dietary	g	6.2		0	BFZN	4		2.7		
Sugars, total	g	36.31		0	BFZN	4		15.61		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	BFZN	4		110		
* Iron, Fe	mg	9.20		0	BFZN	4		3.96		
Magnesium, Mg	mg	80		0	BFZN	4		34		
Phosphorus, P	mg	268		0	BFZN	4		115		
Potassium, K	mg	361		0	BFZN	4		155		
Sodium, Na	mg	562		0	BFZN	4		242		
Zinc, Zn	mg	1.70		0	BFZN	4		0.73		
Copper, Cu	mg	0.240		0	BFZN	4		0.103		
Manganese, Mn	mg	2.350		0	BFZN	4		1.011		
Selenium, Se	mcg	21.7		0	BFZN	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	BFZN	4		0.3		
* Thiamin	mg	0.760		0	BFZN	4		0.327		
* Riboflavin	mg	0.860		0	BFZN	4		0.370		
* Niacin	mg	10.220		0	BFZN	4		4.395		
Pantothenic acid	mg	0.380		0	BFZN	4		0.163		
* Vitamin B-6	mg	1.020		0	BFZN	4		0.439		
* Folate, total	mcg	205		0	BFZN	4		88		
Folic acid	mcg	176		0	BFZN	4		75		
Folate, food	mcg	29		0	BFZN	4		12		
Folate, DFE	mcg_DFE	327		0	NC	4		141		
Choline, total	mg	24.5		0	FLC	4		10.5		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	768		0	BFZN	4		330		
Retinol	mcg	768		0	BFZN	4		330		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
* Vitamin A, IU	IU	2556		0	BFZN	4		1099		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.18		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.800		0	BFZN	4		0.344		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 08132

Cereals, oats, instant, fortified, with raisins and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.015		0	BFZN	4		0.006		
13:0 ... g									
14:0 ... g	0.009		0	BFZN	4		0.004		
15:0 ... g	0.000		0	BFZN	4		0.000		
16:0 ... g	0.675		0	BFZN	4		0.290		
17:0 ... g	0.000		0	BFZN	4		0.000		
18:0 ... g	0.045		0	BFZN	4		0.019		
20:0 ... g	0.000		0	BFZN	4		0.000		
22:0 ... g	0.000		0	BFZN	4		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.490		0	BFZN	4		0.641		
14:1 ... g	0.000		0	BFZN	4		0.000		
15:1 ... g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated ... g	0.009		0	BFZN	4		0.004		
17:1 ... g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated ... g	1.481		0	BFZN	4		0.637		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.340		0	BFZN	4		0.576		
18:2 undifferentiated ... g	1.282		0	BFZN	4		0.551		
18:3 undifferentiated ... g	0.058		0	BFZN	4		0.025		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.49		0	BFZN	4		181.18	11.32	119.28
Energy	kcal	100		0	BFZN	4		239	15	158
Energy	kJ	417		0	BFZN	4		1002	63	660
Protein	g	2.07		0	BFZN	4		4.96	0.31	3.26
Total lipid (fat)	g	1.14		0	BFZN	4		2.73	0.17	1.80
Ash	g	0.98		0	BFZN	4		2.36	0.15	1.55
Carbohydrate, by difference	g	20.32		0	BFZN	4		48.76	3.05	32.10
Fiber, total dietary	g	1.6		0	BFZN	4		4.0	0.2	2.6
Sugars, total	g	9.67		0	BFZN	4		23.20	1.45	15.27
Starch	g									
Minerals:										
* Calcium, Ca	mg	70		0	BFZN	4		168	10	110
* Iron, Fe	mg	2.45		0	BFZN	4		5.89	0.37	3.88
Magnesium, Mg	mg	22		0	BFZN	4		52	3	34
Phosphorus, P	mg	71		0	BFZN	4		171	11	113
Potassium, K	mg	96		0	BFZN	4		231	14	152
Sodium, Na	mg	151		0	BFZN	4		363	23	239
Zinc, Zn	mg	0.46		0	BFZN	4		1.09	0.07	0.72
Copper, Cu	mg	0.069		0	BFZN	4		0.165	0.010	0.109
Manganese, Mn	mg	0.626		0	BFZN	4		1.502	0.094	0.989
Selenium, Se	mcg	5.8		0	BFZN	4		13.9	0.9	9.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.4	0.0	0.3
* Thiamin	mg	0.182		0	BFZN	4		0.437	0.027	0.288
* Riboflavin	mg	0.218		0	BFZN	4		0.522	0.033	0.344
* Niacin	mg	2.585		0	BFZN	4		6.204	0.388	4.084
Pantothenic acid	mg	0.101		0	BFZN	4		0.243	0.015	0.160
* Vitamin B-6	mg	0.272		0	BFZN	4		0.652	0.041	0.429
* Folate, total	mcg	54		0	BFZN	4		131	8	86
Folic acid	mcg	47		0	BFZN	4		112	7	74
Folate, food	mcg	8		0	BFZN	4		19	1	12
Folate, DFE	mcg_DFE	87		0	NC	4		209	13	138
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	204		0	BFZN	4		490	31	323
Retinol	mcg	204		0	BFZN	4		490	31	323
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
* Vitamin A, IU	IU	681		0	BFZN	4		1633	102	1075
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.27	0.02	0.18
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		1.5	0.1	1.0
Lipids:										
Fatty acids, total saturated	g	0.198		0	BFZN	4		0.475	0.030	0.313
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 ... g	0.004		0	BFZN	4		0.009	0.001	0.006
13:0 ... g									
14:0 ... g	0.002		0	BFZN	4		0.006	0.000	0.004
15:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
16:0 ... g	0.180		0	BFZN	4		0.431	0.027	0.284
17:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:0 ... g	0.012		0	BFZN	4		0.029	0.002	0.019
20:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.397		0	BFZN	4		0.952	0.060	0.627
14:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated ... g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated ... g	0.394		0	BFZN	4		0.947	0.059	0.623
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.357		0	BFZN	4		0.856	0.054	0.564
18:2 undifferentiated ... g	0.341		0	BFZN	4		0.819	0.051	0.539
18:3 undifferentiated ... g	0.015		0	BFZN	4		0.037	0.002	0.024
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	0		0	BFZN	4		0	0	0
Theobromine ... mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 158g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

oatmeal, old-fashioned oats, rolled oats

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.84	0.302	4	A	1		8.78	2.93	
Energy	kcal	379		0	NC	4		307	102	
Energy	kJ	1586		0	NC	4		1285	428	
Protein (N x 5.83)	g	13.15	0.053	4	A	1		10.66	3.55	
Total lipid (fat)	g	6.52	0.182	4	A	1		5.29	1.76	
Ash	g	1.77	0.018	4	A	1		1.44	0.48	
Carbohydrate, by difference	g	67.70		0	NC	4		54.84	18.28	
Fiber, total dietary	g	10.1	0.473	4	A	1		8.2	2.7	
Sugars, total	g	0.99	0.022	4	A	1		0.81	0.27	
Sucrose	g	0.99	0.022	4	A	1		0.81	0.27	
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00	0.00	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	57.92	0.189	4	A	1		46.92	15.64	
Minerals:										
Calcium, Ca	mg	52	0.923	33		1		42	14	
Iron, Fe	mg	4.25	0.065	4	A	1		3.44	1.15	
Magnesium, Mg	mg	138	1.732	4	A	1		112	37	
Phosphorus, P	mg	410	10.553	4	A	1		332	111	
Potassium, K	mg	362	4.210	4	A	1		294	98	
Sodium, Na	mg	6	0.409	4	A	1		5	2	
Zinc, Zn	mg	3.64	0.095	4	A	1		2.95	0.98	
Copper, Cu	mg	0.391	0.008	4	A	1		0.317	0.106	
Manganese, Mn	mg	3.630	0.001	5		1		2.940	0.980	
Selenium, Se	mcg	28.9	1.700	4	A	1		23.4	7.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin	mg	0.460	0.034	4	A	1		0.373	0.124	
Riboflavin	mg	0.155	0.058	4	A	1		0.126	0.042	
Niacin	mg	1.125	0.048	4	A	1		0.911	0.304	
Pantothenic acid	mg	1.120	0.066	4	A	1		0.907	0.302	
Vitamin B-6	mg	0.100	0.004	4	A	1		0.081	0.027	
Folate, total	mcg	32	3.485	24		1		26	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0	NR	4		26	9	
Folate, DFE	mcg_DFE	32		0	NC	4		26	9	
Choline, total	mg	40.4		0	BFSN	4		32.7	10.9	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
* Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		1	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		1	A	1		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1	A	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	180		1	A	1		146	49	
Vitamin E (alpha-tocopherol)	mg	0.42	0.037	4	A	1		0.34	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.03	0.004	4	A	1		0.02	0.01	
Tocopherol, gamma	mg	0.12	0.004	4	A	1		0.10	0.03	
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	2.0	0.159	4	A	1		1.6	0.5	
Lipids:									
Fatty acids, total saturated.....g	1.110		0		1		0.899	0.300	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.020		238		1		0.016	0.005	
13:0.....g									
14:0.....g	0.010		238		1		0.008	0.003	
15:0.....g									
16:0.....g	0.940		238		1		0.761	0.254	
17:0.....g									
18:0.....g	0.060		238		1		0.049	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.980		0		1		1.604	0.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		238		1		0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.970		238		1		1.596	0.532	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		1.863	0.621	
18:2 undifferentiated.....g	2.200		238		1		1.782	0.594	
18:3 undifferentiated.....g	0.100		238		1		0.081	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	A	1		0.148	0.049	
Threonine.....g	0.382		0	A	1		0.310	0.103	
Isoleucine.....g	0.503		0	A	1		0.407	0.136	
Leucine.....g	0.980		0	A	1		0.794	0.265	
Lysine.....g	0.637		0	A	1		0.516	0.172	
Methionine.....g	0.207		0	A	1		0.168	0.056	
Cystine.....g	0.455		0	A	1		0.369	0.123	
Phenylalanine.....g	0.665		0	A	1		0.539	0.180	
Tyrosine.....g	0.395		0	A	1		0.320	0.107	
Valine.....g	0.688		0	A	1		0.557	0.186	
Arginine.....g	0.850		0	A	1		0.689	0.230	
Histidine.....g	0.275		0	A	1		0.223	0.074	
Alanine.....g	0.563		0	A	1		0.456	0.152	
Aspartic acid.....g	1.217		0	A	1		0.986	0.329	
Glutamic acid.....g	2.830		0	A	1		2.292	0.764	
Glycine.....g	0.642		0	A	1		0.520	0.173	
Proline.....g	0.451		0	A	1		0.365	0.122	
Serine.....g	0.705		0	A	1		0.571	0.190	
Hydroxyproline.....g									
Others:									

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 cup

Measure 2 = 27g: .333 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.61		0	BFZN	4		195.65	146.32	
Energy	kcal	71		0	BFZN	4		166	124	
Energy	kJ	297		0	BFZN	4		694	519	
Protein (N x 5.83)	g	2.54		0	BFZN	4		5.93	4.44	
Total lipid (fat)	g	1.52		0	BFZN	4		3.55	2.65	
Ash	g	0.34		0	BFZN	4		0.79	0.59	
Carbohydrate, by difference	g	12.00		0	BFZN	4		28.08	21.00	
Fiber, total dietary	g	1.7		0	BFZN	4		4.0	3.0	
Sugars, total	g	0.27		0	BFZN	4		0.64	0.48	
Sucrose	g	0.25		0	BFZN	4		0.59	0.44	
Glucose (dextrose)	g	0.00		0	BFZN	4		0.00	0.00	
Fructose	g	0.00		0	BFZN	4		0.00	0.00	
Lactose	g	0.00		0	BFZN	4		0.00	0.00	
Maltose	g	0.00		0	BFZN	4		0.00	0.00	
Galactose	g	0.02		0	BFZN	4		0.05	0.04	
Starch	g	11.60		0	BFZN	4		27.14	20.30	
Minerals:										
Calcium, Ca	mg	9		0	BFZN	4		22	16	
Iron, Fe	mg	0.90		0	BFZN	4		2.11	1.58	
Magnesium, Mg	mg	27		0	BFZN	4		64	48	
Phosphorus, P	mg	77		0	BFZN	4		181	135	
Potassium, K	mg	70		0	BFZN	4		163	122	
Sodium, Na	mg	71		0	RPA	1		165	123	
Zinc, Zn	mg	1.00		0	BFZN	4		2.34	1.75	
Copper, Cu	mg	0.074		0	BFZN	4		0.174	0.130	
Manganese, Mn	mg	0.580		0	BFZN	4		1.357	1.015	
Selenium, Se	mcg	5.4		0	BFZN	4		12.8	9.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.076		0	BFZN	4		0.177	0.132	
Riboflavin	mg	0.016		0	BFZN	4		0.038	0.028	
Niacin	mg	0.225		0	BFZN	4		0.527	0.394	
Pantothenic acid	mg	0.311		0	BFZN	4		0.728	0.545	
Vitamin B-6	mg	0.005		0	BFZN	4		0.012	0.009	
Folate, total	mcg	6		0	BFZN	4		14	11	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	6		0	BFZN	4		14	11	
Folate, DFE	mcg_DFE	6		0	NC	4		14	11	
Choline, total	mg	7.4		0	BFZN	4		17.4	13.0	
Betaine	mg	3.1		0	BFZN	4		7.2	5.3	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	180		0	BFZN	4		421	315	
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFZN	4		0.19	0.14	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	BFZN	4		0.03	0.02	
Tocopherol, gamma	mg	0.03		0	BFZN	4		0.06	0.05	
Tocopherol, delta	mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.8	0.6	
Lipids:									
Fatty acids, total saturated.....g	0.310		0	BFZN	4		0.726	0.543	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.005		0	BFZN	4		0.012	0.009	
15:0.....g									
16:0.....g	0.280		0	BFZN	4		0.656	0.490	
17:0.....g									
18:0.....g	0.021		0	BFZN	4		0.049	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.435		0	BFZN	4		1.018	0.761	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFZN	4		0.007	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.422		0	BFZN	4		0.988	0.739	
20:1.....g	0.010		0	BFZN	4		0.023	0.017	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0	BFZN	4		1.307	0.978	
18:2 undifferentiated.....g	0.541		0	BFZN	4		1.265	0.946	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.001		0	BFZN	4		0.003	0.002	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.018		0	BFZN	4		0.042	0.031	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.001		0	BFZN	4		0.003	0.002	
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.001		0	BFZN	4		0.003	0.002	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 175g: .75 cup

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

oatmeal, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.61	0.392	8	A	1		195.65	12.21	146.32
Energy ... kcal	71		0	NC	4		166	10	124
Energy ... kJ	297		0	NC	4		694	43	519
Protein (N x 5.83) ... g	2.54	0.082	8	A	1		5.93	0.37	4.44
Total lipid (fat) ... g	1.52	0.040	8	A	1		3.55	0.22	2.65
Ash ... g	0.34	0.014	8	A	1		0.79	0.05	0.59
Carbohydrate, by difference ... g	12.00		0	NC	4		28.08	1.75	21.00
Fiber, total dietary ... g	1.7	0.082	7	A	1		4.0	0.2	3.0
Sugars, total ... g	0.27	0.024	8	A	1		0.64	0.04	0.48
Sucrose ... g	0.25	0.009	8	A	1		0.59	0.04	0.44
Glucose (dextrose) ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose ... g	0.02	0.023	8	A	1		0.05	0.00	0.04
Starch ... g	11.60	0.280	8	A	1		27.14	1.69	20.30
Minerals:									
Calcium, Ca ... mg	9	0.378	4	A	1		22	1	16
Iron, Fe ... mg	0.90	0.067	8	A	1		2.11	0.13	1.58
Magnesium, Mg ... mg	27	0.402	8	A	1		64	4	48
Phosphorus, P ... mg	77	2.219	8	A	1		181	11	135
Potassium, K ... mg	70	1.725	8	A	1		163	10	122
Sodium, Na ... mg	4	0.417	8	A	1		9	1	7
Zinc, Zn ... mg	1.00	0.109	8	A	1		2.34	0.15	1.75
Copper, Cu ... mg	0.074	0.003	8	A	1		0.174	0.011	0.130
Manganese, Mn ... mg	0.580	0.099	8	A	1		1.357	0.085	1.015
Selenium, Se ... mcg	5.4	0.263	8	A	1		12.8	0.8	9.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	8	A	1		0.0	0.0	0.0
Thiamin ... mg	0.076	0.025	8	A	1		0.177	0.011	0.132
Riboflavin ... mg	0.016	0.006	8	A	1		0.038	0.002	0.028
Niacin ... mg	0.225	0.016	8	A	1		0.527	0.033	0.394
Pantothenic acid ... mg	0.311	0.019	8	A	1		0.728	0.045	0.545
Vitamin B-6 ... mg	0.005	0.003	8	A	1		0.012	0.001	0.009
Folate, total ... mcg	6	0.639	8	A	1		14	1	11
Folic acid ... mcg	0		0	FLM	4		0	0	0
Folate, food ... mcg	6		0	NR	4		14	1	11
Folate, DFE ... mcg_DFE	6		0	NC	4		14	1	11
Choline, total ... mg	7.4		0	AS	1		17.4	1.1	13.0
Betaine ... mg	3.1		1	A	1		7.2	0.4	5.3
Vitamin B-12 ... mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	0		0	FLM	4		0	0	0
Retinol ... mcg	0		0	FLM	4		0	0	0
Carotene, beta ... mcg	0		0	FLM	4		0	0	0
Carotene, alpha ... mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0	0	0
Vitamin A, IU ... IU	0		0	FLM	4		0	0	0
Lycopene ... mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin ... mcg	180		0	FLM	4		421	26	315
Vitamin E (alpha-tocopherol) ... mg	0.08	0.005	8	A	1		0.19	0.01	0.14
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.01	0.000	8	A	1		0.03	0.00	0.02
Tocopherol, gamma ... mg	0.03	0.002	8	A	1		0.06	0.00	0.05
Tocopherol, delta ... mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.3	0.057	8	A	1		0.8	0.1	0.6
Lipids:									
Fatty acids, total saturated.....g	0.310		0	NC	4		0.726	0.045	0.543
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		238		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005		1	A	1		0.012	0.001	0.009
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.280		1	A	1		0.656	0.041	0.490
17:0.....g	0.001		1	A	1		0.001	0.000	0.001
18:0.....g	0.021		1	A	1		0.049	0.003	0.036
20:0.....g	0.002		1	A	1		0.004	0.000	0.003
22:0.....g	0.002		1	A	1		0.004	0.000	0.003
24:0.....g									
Fatty acids, total monounsaturated.....g	0.435		0	NC	4		1.018	0.063	0.761
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.003		0	AS	1		0.007	0.000	0.005
16:1 c.....g	0.003		1	A	1		0.007	0.000	0.005
16:1 t.....g									
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.422		0	AS	1		0.988	0.062	0.739
18:1 c.....g	0.422		1	A	1		0.988	0.062	0.739
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.010		1	A	1		0.023	0.001	0.017
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0	NC	4		1.307	0.082	0.978
18:2 undifferentiated.....g	0.541		0	AS	1		1.265	0.079	0.946
18:2 n-6 c,c.....g	0.540		1	A	1		1.263	0.079	0.944
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.001		1	A	1		0.003	0.000	0.002
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.018		0	AS	1		0.042	0.003	0.031
18:3 n-3 c,c,c (ALA).....g	0.018		1	A	1		0.042	0.003	0.031
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.001		0	NC	4		0.003	0.000	0.002
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.003	0.000	0.002
Cholesterol.....mg	0		0	Z	7		0	0	0

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.094	0.006	0.070
Threonine....g	0.096		0	A	1		0.224	0.014	0.167
Isoleucine....g	0.116		0	A	1		0.271	0.017	0.202
Leucine....g	0.216		0	A	1		0.504	0.031	0.377
Lysine....g	0.135		0	A	1		0.315	0.020	0.236
Methionine....g	0.046		0	A	1		0.108	0.007	0.081
Cystine....g	0.097		0	A	1		0.226	0.014	0.169
Phenylalanine....g	0.142		0	A	1		0.332	0.021	0.249
Tyrosine....g	0.101		0	A	1		0.236	0.015	0.176
Valine....g	0.160		0	A	1		0.374	0.023	0.279
Arginine....g	0.167		0	A	1		0.390	0.024	0.292
Histidine....g	0.054		0	A	1		0.126	0.008	0.094
Alanine....g	0.124		0	A	1		0.291	0.018	0.218
Aspartic acid....g	0.302		0	A	1		0.706	0.044	0.528
Glutamic acid....g	0.623		0	A	1		1.457	0.091	1.090
Glycine....g	0.147		0	A	1		0.344	0.021	0.257
Proline....g	0.096		0	A	1		0.224	0.014	0.168
Serine....g	0.151		0	A	1		0.354	0.022	0.265
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0
Theobromine....mg	0		0	FLM	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Measure 3 = 175g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.40		1		1		8.36		
Energy	kcal	352		0	NC	4		398		
Energy	kJ	1473		0	NC	4		1664		
Protein	g	11.20		1		1		12.66		
Total lipid (fat)	g	3.30		1		1		3.73		
Ash	g	2.40		0	NC	4		2.71		
Carbohydrate, by difference	g	75.70		0	NC	4		85.54		
Fiber, total dietary	g	9.1		1		1		10.3		
Sugars, total	g	20.00		0	LC	8		22.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	147		1		1		166		
Iron, Fe	mg	3.00		1		1		3.39		
Magnesium, Mg	mg	94		1		1		106		
Phosphorus, P	mg	371		1		1		419		
Potassium, K	mg	568		1		1		642		
Sodium, Na	mg	213		1		1		241		
Zinc, Zn	mg	3.00		1		1		3.39		
Copper, Cu	mg	0.300		1		1		0.339		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		19.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.7		1		1		9.8		
Thiamin	mg	0.400		1		1		0.452		
Riboflavin	mg	0.400		1		1		0.452		
Niacin	mg	2.120		1		1		2.396		
Pantothenic acid	mg									
Vitamin B-6	mg	0.280		1		1		0.316		
Folate, total	mcg	30		0		4		34		
Folic acid	mcg	0		0	NC	4		0		
Folate, food	mcg	30		0	NC	4		34		
Folate, DFE	mcg_DFE	30		0	NC	4		34		
Choline, total	mg	30.7		0	FLM	4		34.7		
Betaine	mg									
Vitamin B-12	mcg	0.12		1		1		0.14		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.51		0	FLM	4		0.58		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		2.8		
Lipids:										
Fatty acids, total saturated	g	0.496		0		4		0.560		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000		
8:0 ... g	0.003		0	FLM	4		0.004		
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.008		0	FLM	4		0.009		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.005		0	FLM	4		0.006		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.418		0	FLM	4		0.472		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.028		0	FLM	4		0.032		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	1.327		0		4		1.500		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.017		0	FLM	4		0.019		
17:1 ... g	0.000		0	FLM	4		0.000		
18:1 undifferentiated ... g	1.306		0	FLM	4		1.476		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	0.925		0		4		1.045		
18:2 undifferentiated ... g	0.880		0	FLM	4		0.995		
18:3 undifferentiated ... g	0.044		0	FLM	4		0.050		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.60		0		1		202.31	152.15	
Energy	kcal	62		0	NC	4		150	113	
Energy	kJ	259		0		4		628	472	
Protein (N x 5.83)	g	2.00		0		1		4.84	3.64	
Total lipid (fat)	g	0.40		0		1		0.97	0.73	
Ash	g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference	g	13.70		0	NC	4		33.15	24.93	
Fiber, total dietary	g	1.6		0		4		3.9	2.9	
Sugars, total	g	0.08		0	FLM	4		0.18	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	13	
Iron, Fe	mg	0.62		0		1		1.50	1.13	
Magnesium, Mg	mg	22		0		1		53	40	
Phosphorus, P	mg	69		0		1		167	126	
Potassium, K	mg	71		0		1		172	129	
Sodium, Na	mg	233		0		1		564	424	
Zinc, Zn	mg	0.48		0		1		1.16	0.87	
Copper, Cu	mg	0.083		0		1		0.201	0.151	
Manganese, Mn	mg	0.583		0		1		1.411	1.061	
Selenium, Se	mcg	12.8		0	FLM	4		31.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.070		0		1		0.169	0.127	
Riboflavin	mg	0.050		0		1		0.121	0.091	
Niacin	mg	0.890		0		1		2.154	1.620	
Pantothenic acid	mg	0.167		0		1		0.404	0.304	
Vitamin B-6	mg	0.073		0		4		0.177	0.133	
Folate, total	mcg	14		0	FLM	4		34	26	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	14		0	FLM	4		34	26	
Folate, DFE	mcg_DFE	14		0	NC	4		34	26	
Choline, total	mg	4.2		0	FLM	4		10.1	7.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	FLM	4		0	0	
Carotene, alpha	mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	41		0	FLM	4		100	75	
Vitamin E (alpha-tocopherol)	mg	0.24		0	FLM	4		0.57	0.43	
Vitamin E, added	mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		1.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.060		0		4		0.145	0.109	
4:0	g	0.000		0	FLM	4		0.000	0.000	

NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.000		0	FLM	4		0.000	0.000	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.058		0	FLM	4		0.141	0.106	
17:0 ... g									
18:0 ... g	0.002		0	FLM	4		0.004	0.003	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.057		0	FLM	4		0.137	0.103	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.057		0	FLM	4		0.137	0.103	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.202		0	FLM	4		0.488	0.367	
18:2 undifferentiated ... g	0.187		0	FLM	4		0.452	0.340	
18:3 undifferentiated ... g	0.015		0	FLM	4		0.036	0.027	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08145

Cereals, whole wheat hot natural cereal, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.60		0	BFZN	4		202.31	152.15	
Energy	kcal	62		0	BFZN	4		150	113	
Energy	kJ	259		0	BFZN	4		628	472	
Protein (N x 5.83)	g	2.00		0	BFZN	4		4.84	3.64	
Total lipid (fat)	g	0.40		0	BFZN	4		0.97	0.73	
Ash	g	0.30		0	BFZN	4		0.73	0.55	
Carbohydrate, by difference	g	13.70		0	BFZN	4		33.15	24.93	
Fiber, total dietary	g	1.6		0	BFZN	4		3.9	2.9	
Sugars, total	g	0.08		0	BFZN	4		0.18	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	BFZN	4		17	13	
Iron, Fe	mg	0.62		0	BFZN	4		1.50	1.13	
Magnesium, Mg	mg	22		0	BFZN	4		53	40	
Phosphorus, P	mg	69		0	BFZN	4		167	126	
Potassium, K	mg	71		0	BFZN	4		172	129	
Sodium, Na	mg	0		0		1		0	0	
Zinc, Zn	mg	0.48		0	BFZN	4		1.16	0.87	
Copper, Cu	mg	0.083		0	BFZN	4		0.201	0.151	
Manganese, Mn	mg									
Selenium, Se	mcg	12.8		0	BFZN	4		31.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.070		0	BFZN	4		0.169	0.127	
Riboflavin	mg	0.050		0	BFZN	4		0.121	0.091	
Niacin	mg	0.890		0	BFZN	4		2.154	1.620	
Pantothenic acid	mg									
Vitamin B-6	mg	0.073		0	BFZN	4		0.177	0.133	
Folate, total	mcg	14		0	BFZN	4		34	26	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	14		0	BFZN	4		34	26	
Folate, DFE	mcg_DFE	14		0	NC	4		34	26	
Choline, total	mg	4.2		0	BFZN	4		10.1	7.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	41		0	BFZN	4		100	75	
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFZN	4		0.57	0.43	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	BFZN	4		1.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.060		0	BFZN	4		0.145	0.109	
4:0	g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 08145

Cereals, whole wheat hot natural cereal, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.058		0	BFZN	4		0.141	0.106	
17:0 ... g									
18:0 ... g	0.002		0	BFZN	4		0.004	0.003	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.057		0		4		0.138	0.104	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.057		0	BFZN	4		0.137	0.103	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.202		0		4		0.489	0.368	
18:2 undifferentiated ... g	0.187		0	BFZN	4		0.452	0.340	
18:3 undifferentiated ... g	0.015		0	BFZN	4		0.036	0.027	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08144
Cereals, whole wheat hot natural cereal, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.90	0.264	18		1		9.31	3.07	
Energy....kcal	342		0	NC	4		321	106	
Energy....kJ	1431		0		4		1345	444	
Protein (N x 5.83)....g	11.20	0.421	18		1		10.53	3.47	
Total lipid (fat)....g	2.00	0.061	16		1		1.88	0.62	
Ash....g	1.60	0.042	16		1		1.50	0.50	
Carbohydrate, by difference....g	75.20		0	NC	4		70.69	23.31	
Fiber, total dietary....g	9.5		0		1		8.9	2.9	
Sugars, total....g	0.42		0	BFNN	4		0.39	0.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	40		2		1		38	12	
Iron, Fe....mg	3.39	0.108	17		1		3.19	1.05	
Magnesium, Mg....mg	122	2.283	18		1		115	38	
Phosphorus, P....mg	379	7.862	18		1		356	117	
Potassium, K....mg	389	11.910	5		1		366	121	
Sodium, Na....mg	2	0.442	17		1		2	1	
Zinc, Zn....mg	2.66	0.066	27		1		2.50	0.82	
Copper, Cu....mg	0.458	0.018	26		1		0.431	0.142	
Manganese, Mn....mg	3.200		1		1		3.008	0.992	
Selenium, Se....mcg	70.7		0	BFZN	4		66.5	21.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.400	0.023	16		1		0.376	0.124	
Riboflavin....mg	0.300	0.043	16		1		0.282	0.093	
Niacin....mg	4.900	0.183	16		1		4.606	1.519	
Pantothenic acid....mg	0.915	0.014	10		1		0.860	0.284	
Vitamin B-6....mg	0.391		0		4		0.368	0.121	
Folate, total....mcg	78	1.562	10		1		73	24	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	78		0	NC	4		73	24	
Folate, DFE....mcg_DFE	78		0	NC	4		73	24	
Choline, total....mg	23.1		0	BFZN	4		21.7	7.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFNN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFNN	4		0	0	
Lutein + zeaxanthin....mcg	227		0	BFNN	4		213	70	
Vitamin E (alpha-tocopherol)....mg	1.31		0	BFFN	4		1.23	0.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	2.4		0	BFFN	4		2.3	0.7	
Lipids:									
Fatty acids, total saturated....g	0.300		0		4		0.282	0.093	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 08144
Cereals, whole wheat hot natural cereal, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.292		0		4		0.274	0.091	
17:0....g									
18:0....g	0.008		0		4		0.008	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.283		0		4		0.266	0.088	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.283		0		4		0.266	0.088	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.008		0		4		0.948	0.312	
18:2 undifferentiated....g	0.933		0		4		0.877	0.289	
18:3 undifferentiated....g	0.075		0		4		0.071	0.023	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 31g: .333 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08580
Incaparina, dry mix (corn and soy flours), unprepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.47		1	A	1				
Energy	kcal	379		0	NC	4				
Energy	kJ	1587		0	NC	4				
Protein (N x 6.25)	g	21.75		1	A	1				
Total lipid (fat)	g	5.58		1	A	1				
Ash	g	4.67		1	A	1				
Carbohydrate, by difference	g	60.53		0	NC	4				
Fiber, total dietary	g	9.9		1	A	1				
Sugars, total	g									
Starch	g	44.80		1	A	1				
Minerals:										
Calcium, Ca	mg	600		1	A	1				
Iron, Fe	mg	22.00		1	A	1				
Magnesium, Mg	mg	220		1	A	1				
Phosphorus, P	mg	530		1	A	1				
Potassium, K	mg	1030		1	A	1				
Sodium, Na	mg	4		1	A	1				
Zinc, Zn	mg	23.00		1	A	1				
Copper, Cu	mg	0.610		1	A	1				
Manganese, Mn	mg	1.600		1	A	1				
Selenium, Se	mcg	14.5		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	1.930		1	A	1				
Riboflavin	mg	0.610		1	A	1				
Niacin	mg	27.000		1	A	1				
Pantothenic acid	mg	1.100		1	A	1				
Vitamin B-6	mg	0.690		1	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.50		1	A	1				
Vitamin A, RAE	mcg_RAE	1770		0	AS	1				
Vitamin A, IU	IU	5900		0	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.36		1	A	1				
Tocopherol, beta	mg	0.07		1	A	1				
Tocopherol, gamma	mg	1.59		1	A	1				
Tocopherol, delta	mg	0.27		1	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Amino Acids:										
Tryptophan	g	0.260		0	A	1				
Threonine	g	0.715		0	A	1				
Isoleucine	g	0.945		0	A	1				
Leucine	g	2.410		0	A	1				
Lysine	g	1.465		0	A	1				
Methionine	g	0.440		0	A	1				
Cystine	g	0.145		0	A	1				
Phenylalanine	g	1.300		0	A	1				
Tyrosine	g	0.740		0	A	1				
Valine	g	1.150		0	A	1				

NDB No. 08580
Incaparina, dry mix (corn and soy flours), unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	1.745		0	A	1				
Histidine.....g	0.675		0	A	1				
Alanine.....g	1.320		0	A	1				
Aspartic acid.....g	2.585		0	A	1				
Glutamic acid.....g	4.785		0	A	1				
Glycine.....g	1.070		0	A	1				
Proline.....g	1.045		0	A	1				
Serine.....g	1.380		0	A	1				
Hydroxyproline.....g	0.000		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08510
Milk and cereal bar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.69		0	FLC	4				
Energy	kcal	413		0	NC	4				
Energy	kJ	1728		0	NC	4				
Protein	g	6.47		0	FLC	4				
Total lipid (fat)	g	10.98		0	FLC	4				
Ash	g	1.76		0	FLC	4				
Carbohydrate, by difference	g	72.05		0	FLC	4				
Fiber, total dietary	g	0.4		0	FLC	4				
Sugars, total	g	45.97		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	410		2	LC	8				
Iron, Fe	mg	5.99		2	LC	8				
Magnesium, Mg	mg	21		0	FLC	4				
Phosphorus, P	mg	155		0	FLC	4				
Potassium, K	mg	254		0	FLC	4				
Sodium, Na	mg	319		0	FLC	4				
Zinc, Zn	mg	0.84		0	FLC	4				
Copper, Cu	mg	0.049		0	FLC	4				
Manganese, Mn	mg	0.206		0	FLC	4				
Selenium, Se	mcg	7.7		0	FLC	4				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	15.4		2	LC	8				
* Thiamin	mg	0.615		2	LC	8				
* Riboflavin	mg	0.696		2	LC	8				
* Niacin	mg	8.194		2	LC	8				
Pantothenic acid	mg	0.495		0	FLC	4				
Vitamin B-6	mg	0.819		2	LC	8				
Folate, total	mcg	98		2	LC	8				
* Folic acid	mcg	87		0	NC	4				
Folate, food	mcg	11		0	FLC	4				
Folate, DFE	mcg_DFE	159		0	NC	4				
Choline, total	mg	31.0		0	FLC	4				
Betaine	mg									
* Vitamin B-12	mcg	2.00		2	LC	8				
* Vitamin B-12, added	mcg	1.51		0	NR	4				
Vitamin A, RAE	mcg_RAE	188		0	NC	4				
Retinol	mcg	188		0	NC	4				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	627		2	LC	8				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.42		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		2	LC	8				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	68		2	LC	8				
Vitamin K (phylloquinone)	mcg	2.5		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	9.114		0	FLC	4				
4:0	g	0.045		0	FLC	4				

NDB No. 08510
Milk and cereal bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.050		0	FLC	4				
8:0....g	0.325		0	FLC	4				
10:0....g	0.244		0	FLC	4				
12:0....g	2.720		0	FLC	4				
13:0....g									
14:0....g	0.977		0	FLC	4				
15:0....g									
16:0....g	3.839		0	FLC	4				
17:0....g									
18:0....g	0.881		0	FLC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.186		0	FLC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	1.177		0	FLC	4				
20:1....g	0.000		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0	FLC	4				
18:2 undifferentiated....g	0.230		0	FLC	4				
18:3 undifferentiated....g	0.009		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g	0.000		0	FLC	4				
Cholesterol....mg	6		0	FLC	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43483
Millet, puffed (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0		4		0.53		
Energy	kcal	354		0		4		74		
Energy	kJ	1481		0		4		311		
Protein	g	13.00		0	LC	8		2.73		
Total lipid (fat)	g	3.40		0	LC	8		0.71		
Ash	g	1.56		0	BFZN	4		0.33		
Carbohydrate, by difference	g	80.00		0	NC	4		16.80		
Fiber, total dietary	g	2.7		0		4		0.6		
Sugars, total	g	0.55		0	BFZN	4		0.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		4		2		
Iron, Fe	mg	2.81		0		4		0.59		
Magnesium, Mg	mg	106		0		4		22		
Phosphorus, P	mg	266		0		4		56		
Potassium, K	mg	40		0	LC	8		8		
Sodium, Na	mg	5		0		4		1		
Zinc, Zn	mg	1.58		0		4		0.33		
Copper, Cu	mg	0.702		0		4		0.147		
Manganese, Mn	mg									
Selenium, Se	mcg	2.9		0	BFSN	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.390		0		4		0.082		
Riboflavin	mg	0.270		0		4		0.057		
Niacin	mg	4.420		0		4		0.928		
Pantothenic acid	mg									
Vitamin B-6	mg	0.360		0		4		0.076		
Folate, total	mcg	79		0		4		17		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	79		0		4		17		
Folate, DFE	mcg_DFE	79		0	NC	4		17		
Choline, total	mg	23.1		0	BFZN	4		4.9		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.66		0	BFZN	4		0.14		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.4		0	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.670		0		4		0.141		
4:0	g	0.000		0		4		0.000		

NDB No. 43483
Millet, puffed (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.003		0		4		0.001		
13:0 ... g									
14:0 ... g	0.000		0		4		0.000		
15:0 ... g									
16:0 ... g	0.490		0		4		0.103		
17:0 ... g									
18:0 ... g	0.143		0		4		0.030		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.717		0		4		0.151		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0		4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.686		0		4		0.144		
20:1 ... g	0.019		0		4		0.004		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.980		0		4		0.416		
18:2 undifferentiated ... g	1.869		0		4		0.393		
18:3 undifferentiated ... g	0.110		0		4		0.023		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 cup

Footnotes:

1 Made from proso millet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 08546
Rice and Wheat cereal bar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		0	O	4		1.65		
Energy	kcal	409		1	NC	4		90		
Energy	kJ	1712		0	NC	4		377		
Protein (N x 6.25)	g	9.09		1	LC	8		2.00		
Total lipid (fat)	g	9.09		1	LC	8		2.00		
Ash	g	1.60		0	FLC	4		0.35		
Carbohydrate, by difference	g	72.73		1	LC	8		16.00		
Fiber, total dietary	g	1.8		0	FLC	4		0.4		
Sugars, total	g	31.80		0	FLC	4		7.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0	FLC	4		7		
Iron, Fe	mg	2.56		0	O	4		0.56		
Magnesium, Mg	mg	46		0	FLC	4		10		
Phosphorus, P	mg	136		0	FLC	4		30		
Potassium, K	mg	143		0	FLC	4		32		
Sodium, Na	mg	500		1	LC	8		110		
Zinc, Zn	mg	1.78		0	FLC	4		0.39		
Copper, Cu	mg	0.185		0	FLC	4		0.041		
Manganese, Mn	mg	1.407		0	FLC	4		0.310		
Selenium, Se	mcg	24.9		0	FLC	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.682		1	LC	8		0.150		
Riboflavin	mg	0.773		1	LC	8		0.170		
Niacin	mg	9.091		1	LC	8		2.000		
Pantothenic acid	mg	0.064		0	FLC	4		0.014		
Vitamin B-6	mg	0.909		1	LC	8		0.200		
Folate, total	mcg	15		0	O	4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0	FLC	4		3		
Folate, DFE	mcg_DFE	15		0	NC	4		3		
Choline, total	mg	22.4		0	FLC	4		4.9		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.94		0	NR	4		0.65		
Vitamin E, added	mg	0.00		0	NC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.2		0	FLC	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 08546
Rice and Wheat cereal bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLC	4		0.000		
8:0 g	0.000		0	FLC	4		0.000		
10:0 g	0.000		0	FLC	4		0.000		
12:0 g	0.000		0	FLC	4		0.000		
13:0 g									
14:0 g	0.000		0	FLC	4		0.000		
15:0 g									
16:0 g	0.000		0	FLC	4		0.000		
17:0 g									
18:0 g	0.000		0	FLC	4		0.000		
20:0 g	0.000		0	FLC	4		0.000		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.567		0	FLC	4		1.445		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.017		0	FLC	4		0.004		
17:1 g									
18:1 undifferentiated g	6.477		0	FLC	4		1.425		
20:1 g	0.072		0	FLC	4		0.016		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	2.049		0	FLC	4		0.451		
18:2 undifferentiated g	1.967		0	FLC	4		0.433		
18:3 undifferentiated g	0.082		0	FLC	4		0.018		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g	0.000		1	LC	8		0.000		
Cholesterol mg	0		1	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 bar

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 22 (2009)